



**Malamulele
Onward**

Carer-2-Carer Training Programme



...Equipping parents of
children with Cerebral Palsy to become facilitators of change.

Facilitator Manual 2020

Acknowledgements and Copyright

This manual was compiled by staff members of Malamulele Onward NPC to be used either by parents of children with CP who have attended the Carer-2-Carer Training Facilitator Course or therapists wanting to run workshops themselves. Twenty one trained parent facilitators were involved in helping to develop the material in this manual. Ten rural hospitals allowed these parents to pilot the workshops at their sites.

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The information in this manual may be shared with colleagues, families of children with CP and anyone interested in learning more about the condition.

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Malamulele Onward staff involved in the development of this manual:

Authors and Trainers:

Misty Weyer - Occupational Therapist
Dr Gillian Saloojee - Physiotherapist
Naina Modi-Patel - Speech Therapist
Kabi Krige - Occupational Therapist
Emma Jenkins - Physiotherapist

Assistant Trainer:

Lydia Ngwana - Parent Master Trainer

Interpreters:

Thulisile Hlungwani - Communications Co-ordinator
Morongwa Boikanyo - Administrative Assistant

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Malamulele Onward (MO) is a non-profit organization committed to improving the quality of life of rural children with severe and moderate disabilities, mainly as a result of Cerebral Palsy (CP) as well as the life of their families and primary caregivers. The organization offers evidence-based and innovative solutions to the challenges of caring for a child with a severe disability whilst equipping and preparing families for a lifetime of caring.

The organization was established in 2006 and is based in Johannesburg where it has a Therapy and Training Centre. However, the organization's primary activities are in rural areas and it is currently operating at 21 sites in the Eastern Cape, Kwazulu Natal, Limpopo, Mpumalanga and Lesotho.

MO's aspirational goal is that all rural children with CP grow and learn in a supportive, caring and nurturing environment where they feel loved and included. We want children to remain painfree and comfortable as they grow older; we want them to remain at home with their families; and we want their families to feel equipped and able to take care of them. This can only be achieved if all people in the child's life are informed and work together for the child's best interests i.e. the child's primary caregivers and immediate family; neighbours; and the local healthcare providers.

To achieve our goal, Malamulele Onward has adopted the following strategies:

- Residential and on-site therapy and parent training for rural children with CP
- Re-engineering and restructuring of local hospital based CP Clinics
- Training and transfer of information and clinical skills to both professionals and lay people involved in caring for children with CP
- Development of parent-led services
- Establishing an evidence-base for therapy interventions and best practice



Carer-2-Carer Training Programme

The Malamulele Carer-2-Carer Training Programme (C2CTP) is an exciting initiative that Malamulele Onward (MO) began developing in 2012. Its main goal is for every parent of a child with CP to have an accurate understanding of their child's condition that is demonstrated through positive changes in both their and their child's quality of life and relationships with those around them. This programme forms an integral part of the MO vision for all children with CP to reach their full potential within a supportive environment. In order for parents to create a supportive environment for their children, they need to understand their children, feel competent as parents and feel supported within their community.

The C2CTP trains parents of children with CP to run workshops on CP for other parents, caregivers and lay people. This training programme does **not** replace the need for therapy or therapists, but is rather meant to support and complement existing services for children in public service hospitals. It acknowledges that current services in most public service hospitals are under large amounts of pressure due to insufficient numbers of therapists and consequently the basic needs of parents for information and support are not being met. The programme recognises parents of children with CP as an important resource to be mobilised and influential in helping other parents to not only understand CP, but to also accept and care for their child in a way that is sustainable. It also realises that the difference between "access to information" and "access to understanding" can create a significant barrier to creating a supportive environment for a child with CP. In order to combat this barrier the C2CTP provides parents with the opportunity to access information on CP that is presented in their own language, in a way that they can understand and by a person who is facing the same challenges with their own child.



How to use this manual

This manual has been designed to be used by a team comprised of one main facilitator (who is literate in their own language) and one co-facilitator (who does not need to be literate).

All text that is on a coloured/shaded background is text that is not said out aloud – it only exists to assist the facilitator. All text that is on white is to be said aloud to the group. Answers to questions (which all appear on white) must only be said after the group has finished answering and discussing the question. These answers are only there to make sure that all of the important points are covered and thus the facilitator must mention any that the group did not discuss. They do not exist for the facilitator to read out to the group in isolation.

There are 3 icons used in the manual:



Explain: This indicates that there is something that the facilitator needs to explain to the group.



Activity: This indicates that an activity needs to take place before continuing.



Question: This indicates a direct question that must be asked to the group.

These icons make it easier for facilitators to follow the manual. They can tell when there is an activity coming up, a concept to explain or a question to be asked. The icons also serve as a quick reference for the main facilitator.

The odd numbered pages (i.e. the pages on the right hand side) are the workshop guidelines for the facilitators to follow when running the workshops. The even numbered pages (i.e. the pages on the left hand side) have the activity instructions and the explanations that correlated with the workshop guidelines.

Ideally the facilitators should only use the guidelines when running a workshop, as the activities and explanations should be memorised and consolidated after the training and some practice. For example: they should be able to look at the picture of the activity on the odd numbered page and know exactly what instructions to give and how to run the activity. Likewise they should be able to see the explanation icon with text next to it such as “explain what aspiration is” and they should be able to explain it without having to look at the explanation itself.

The explanations and activity instructions exist in the manual for two reasons: firstly if the facilitator is preparing for a group and needs to practice their explanations, they can revise them. If they cannot read this more complicated text, then they can go to someone who can and that person can read it to them. This then puts the responsibility of revision and preparation on the facilitators. Secondly if a therapist wants to use the manual, they have access to all the explanations and activity instructions to run the workshops.

Instead of numbering the display material, each picture that needs to be put up for the group is shown in the manual. This way the facilitator can easily see which picture needs to go up at that time and when it comes to putting the pictures in the right order before the workshop, the facilitator can just page through the manual to see the correct order that the pictures will be needed in. All the pictures in the manual that represent display material are smaller than the pictures that are there to represent an activity.

Each section finishes with a main message so that there is repetition of all the points that are important for the parents to understand.

Preparing the workshop materials

Workshop materials the make up the fixed workshop kit:



2 Plastic cling sheets (if these are being used instead of large sheets of paper)



A marker (permanent or white-board depending on the surface used).



Pens (1 per pair of participants in the group)



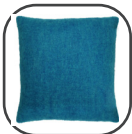
Cut-out cups (1 per participant in the group) - Plastic or polystyrene cups can be cut-out as in the picture and used for the activities.



Teaspoons (1 per participant in the group) - Can be bought or parents can bring their own.



Large spoons (1 per pair of participants in the group) - Can be bought or parents can bring their own.



1 Pillow / folded blanket - This can usually be sourced from one's place of work or from home.



1 Ball (any size and colour) - Can be bought or can be made by taping up plastic packets into a ball.



1 Water bottle (500ml) - filled with water.



Blind folds (1 per pair of participants in the group) - Can use cut up dustbin bags, material, old stockings, etc.



Jackets / jerseys (1 per pair of participants in the group) - Usually there are enough between the participants without having to have them as part of the kit.



Cloths (1 per pair of participants in the group) - These can be cloths or pieces of scrap material.



Ziplock sheets (1 per participant in the group) - Take a clear ziplock/plastic bag and smear it thinly with some vaseline, then fold it in half - when looking through it, objects should appear blurry.



3 Pieces of material (red, yellow and black in A3 size) - can also use towels or sheets of paper.



1 Shiny board - this can be made by covering a piece of cardboard with holographic paper, tin foil or the shiny sides of potato chips packets.



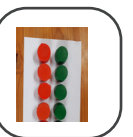
1 Cell phone or torch - this can be brought from home, or a torch can be bought as part of the kit.



1 Set of background pictures printed in A3 colour.



Picture packs - these must be printed from the 'visual materials' document in A4 colour (1 copy per pair of participants in the group). Each picture pack must be divided into 2 A4 envelopes (the pictures with a 1 are put into a envelope labelled 1 and the same is done for the pictures with a 2). The pictures should ideally be laminated in order for them to last.



2 sets of 5 bottle tops (all 5 must be the same colour and each set must be a different colour)



A set of 10 - 15 lids of different colours and sizes

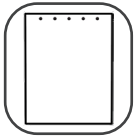


Two bags each filled with 10 different objects that can be easily found (so 20 different objects in total)



A bench

Consumables that must be replenished for each workshop:



5 large sheets of paper (A1 size) - if plastic cling sheets or white boards are used that can be wiped clean, only 2 writing surfaces are required.



Some sheets of scrap paper



For Workshop 3 (getting active): some body lotion



For Workshop 4 (eating and drinking): Custard or any soft food with a similar texture such as yoghurt, porridge, etc

1

Enandula ku bulemu obuva ku- bukosefu kubwongo

Kyitegeeza kyi?

Nhi kyi era kyikosa kyitya omwaana
wange?

Ebyeetagisa

Mu musomo guno, oidha kweetaaga:



Olupapula nga lunene



Maaka



Ekyikopo ekyimeneibwaaku omunhwa



Obupapula nga butono (kalala buli muntu)



OKWAANDULA OMUSOMO

Ghandiika buli liinha lya'muntu ku lupapula nga neeliryo lilimu. Taa amainha gona gona mukyikopo. Inonoola ekibinja nti baja kulonda elinha mukyikopo nga tibalnzeemu. Era bali no'kubuuza omuntu oyo ekibuuzo ekibagemaku era omuntu oyo alina okwiiramu ekibuuzo. Tambuza ekyikopo era buli muntu waaba ne'linha mu mikono gyaabwe, tandiika ne'kibinja nga osooka no'kubuuza ekibuuzo kyo. Era gha omukisa buli muntu abuuze. Singa omuntu aba alonze elinha lye, bali no'kukyuusa no'muntu amuli okumpi/amulilaine.

1

Tukwanhiriiza

Yanhiriiza buli muntu mu kibinja era faayo inho nti batebenkevu nga okaali kutandiika



Inonoola entandikwa era kyikole nhe kibinja.



Ghandiika ebiviiremu omale obibitemu ne'kibinja

Workshop 1 - Ebinavaamu

- Obulemu obuva kubukosefu kubwongo nhi kyi era bukosa butya omubiri ogwo'mwaana.
- Ebika ebye'ndawulo, emitendera ne'ngeri gyetukozesa okwiinonola abaana abali no'bulemu obuva kubukosefu kubwongo.
- Kyikyiki ekyleeta obulemu obuva kubukosefu kubwongo.
- Kiseera/ibanga kyi omwaana lya'mala nga alina obulemu obuva kubukosefu kubwongo.
- Okusoma kwa'baana abalina obulemu obuva kubukosefu kubwongo.

Malamulele Onward C2CTP ©

Workshop 1 - Introduction to CP

Mu musomo guno, tuja kutegeera buli muntu era tuteewo omukwaano omwesigwa nabuli muntu mu kibinja. Twena twena tuli wano kweega/kusoma okuva eri buli muntu era twena twena tuli nekyintu ekyo'kusomesa ebibinja ebindi kubanga twena twena tuli no'bumanhirivu ku baana abali no'bulemu obuva kubukosefu kubwongo

Bino byetuja okwoogeraku olwa leero:

- Obulemu obuva kubukosefu kubwongo nhi kyi era bukosa butya omubiri ogwo'mwaana.
- Ebika ebye'ndawulo, emitendera ne'ngeri gyetukozesa okwiinonola abaana abali no'bulemu obuva kubukosefu kubwongo.
- Kyikyiki ekyleeta obulemu obuva kubukosefu kubwongo.
- Kiseera/ibanga kyi omwaana lya'mala nga alina obulemu obuva kubukosefu kubwongo.
- Okusoma kwa'baana abalina obulemu obuva kubukosefu kubwongo.

3

Kyetwiidi ku bulemu obuwa kubukosefu kubwongo

Oidha kweetaaga:



Olwa leero, tuli kwoogera ku bulemu obuwa kubukosefu kubwongo, aye nenda kutegeera okuva eri buli muntu kyoidi ku bulemu obuwa kubukosefu kubwongo.



Kyi kyoidi ku bulemu obuwa kubukosefu kubwongo.

Ghandiika buli kyiduubo / kyilowoozo kya'muntu.





Okugabanha ebikufaaku / ebikugemaku:

Bwooghairaku abantu abandi ebikufaaku, iramu ebibuuzo bino wamanga:

- Li lwewategeera nti waliwo obuzibu?
- Wawulira otya nga kyino kyiliwo?
- Wategeera otya nti omwaanawo alina obulemu obuva kubukosefu kubwongo
- Abantu abandi bakubisa batya bwebabonha nga olina omwaana alina obulemu obuva kubukosefu kubwongo
- Kyi ekyaakuyamba okuguma?

4

Okugabanha ebitufaaku

Buli muntu alina ebimufaaku ngo'muzaire owo'mwaana alina obulemu obu-
va kubukosefu kubwongo nhi kubigema ku bumanhiriivu bwetubiseemu mu
lugendo luno paka buti. Singa oba toli muzaire owo'mwaana alina obulemu
obuva kubukosefu kubwongo, oli wano kubanga eliyo omwaana alina ob-
ulemu obuva kubukosefu kubwongo mu bulamu bwo era ighe otegeeraku
akatono ku kyigema ku kulabilira omwaana alina obulemu obuva kubukose-
fu kubwongo.

Tuli kuja tutwaalaku akaseera buti okugabanha ebitufaaku mu bibinja.

Bona nti buli muntu awulira nga mumativu / mutebenkenvu okugab-
anha ebibafaaku ne'kibinja.

Nja kutandiika



Gabanha ebikufaaku kwi'ghe no'mwaanawo ne'kibinja



Naanhi ayandyeenze okwiiraku okugabanha ebibafaaku?

Buli muntu akobe/ayogere ebibafaaku mu kibinja.



OBULEMU OBUVA KU BUKOSEFU KU BWONGO

CP kyili mubumpi / mubufunze nga kyiswaawo kyiti Cerebral palsy. Ekyigambo cerebral kyitegeeza okuba ne'kyintu ekyigema ku bwongo. Ekyigambo palsy kyitegeeza obunafu oba obuzibu mungeri omuntu gya'tambula, oba engeri gya'kozesa omubiri. Abaana bona bona abali obulemu obuva kubukosefu kubwongo bali no'bukosefu ku bwongo bwaibwe era abaana abandi bali no'bukosefu bungyi okusingaku abandi. Obukosefu buno buleteera obuzibu engeri omwaana gya'tambula, okutambula tambulamu, okulya, okunhwa no'kwoogera.

Omwaana alina obulemu obuva kubukosefu kubwongo alina obuzibu okweghanhilira no'kutambula okwe'misiwa/emiziisa egyo'mubiri. Buliidho, obwongo butegeeza/bukobera ebitundu ebindi ebyo'mubiri ekyintu ekyo'kukolebwa nhi li olwo'kukyikola. Aye obulemu obuva kubukosefu kubwongo bukosa obwongo bwo'mwaana no'mwaana kya'sobola oba kya'tasobola kukola era kyisinziira kukyitundu ekyo'bwongo ekya'kosebwa. Okusinziira ku kytundu kyi ekyo'bwongo ekya'kosebwa, omwaana ayinza obutasobola kutambula, kwoogera, kulya, oba kuzaana engeri abaana abasinga gyebakolamu.

Ebintu ebyo'bwongo ebye'ndawulo biyinza okukosebwa era ne'nsonga lwaaki abaana abalina obulemu obuva kubukosefu kubwongo bayinza okuba bandawulo inho mubo

5 Obulemu obuva kubukosefu kubwongo nhi kyi?

Leka tugezeeku okutegeera CP kyitegeeza kyi.



Ghanika ekyifananhi omale oinonole ekyigambo CP kyekitegeeza.

CP
Cerebral Palsy

Malamulele Onward C2CTP ©

Workshop 1 - Introduction to CP

Wetegereze oba ghaliwo ekibuuzo kyona kyona



OLUGERO OLUGEMA KWI'TEREKERO LYA'MASAANALAZE

Singa oba olina amasaanalaze mu numbayo, soketi nhi swiky dilina waaya edija buli wali iterekero lya'masaanalaze. Eno nengeri gyetufu-namu amasaanalaze. Eiterekero liweereza amasaanalaze ku numbayo nga likozesa waaya ne'bikondo. Amasaanalaze gano gakola emirimo mu numbayo nga okukozesa binika, sitoovu, okubonesa/ekitangala, tiivi, okukyagyinga eisimu no'kukozesa fuliigyi.

Emirimo gyino gyona gyona ejendawulo gyili nga ebitundu ebye'ndawulo ku mubiri ogwo'mwaana okugeeza nga amaiso, omun-hwa, amatu, ebigere, emikono ne'ngalo. Eiterekero lya'masaanalaze liri nga obwongo obwo'mwaana. Nga amasaanalaze gyegava mu iterekero ga'kola emirimo gyo, no'lwekyo obubaka okuva ku bwongo bwo'mwaana butambula nga bubita mu mubiri okusobozesa ebitundu byaibwe ebyo'mubiri okukola.

Singa wabaawo obuzibu kwi'terekero elya'masaanalaze, tiwabaawo masaanalaze okukozesa emirimo. Singa waba ghazira masaanalaze kwi'terekero, ebikondo nhi waaya/kebbo tidisobola kutwaala masaanalaze mu numba. Tikyili nti bya'yononheka. Ghaire nga ebikozesebwa biyaaka, tibiida kukola nga ghazira masaanalaze okuva mu iterekero. Ebikozesebwa, ebikondo nhi kebbo bili mumbera ekola aye tibusobola kukola nga ghaliwo obuzibu ku iterekero lya'masaanalaze.

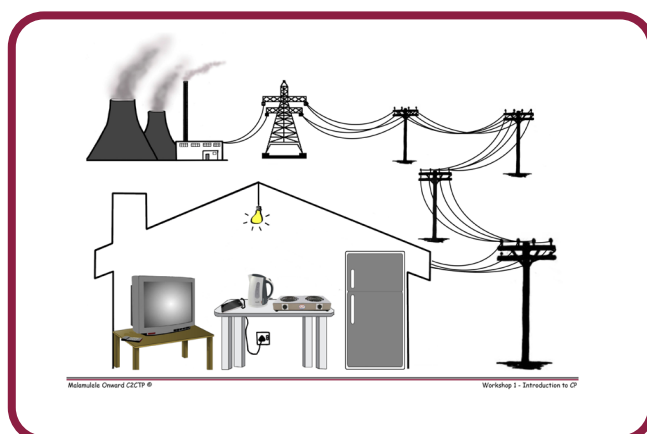
Abaana abalina obulemu obuva kubukosefu kubwongo bali no'buzibu mu bwongo bwaibwe era kyino kyikosa ebitundu ebyo'mubiri gyaibwe. Kyino tikyitegeeza nti ghaliwo obuzibu ne'bitundu byaibwe ebyo'mubiri oba amagumba oba emisiwa/emiziisa. Byona byona bikola bulungi aye ghaliwo obuzibu ku bwongo no'lwekyo ebitundu ebye'ndawulo ebyo'mubiri tibitegeera bubaka buva ku bwongo. Bitundu kyi ebyo'mubiri ebya'kosebwa kyisinziira kytundu kyi ekyo'bwongo ekyo'kosebwa.

6 Engeri obulemu obuva kubukosefu kubwongo gyebukosamu omubiri

Nja kukozeza olugero okubayamba okutegeera engeri obulemu obuva kubukosefu kubwongo gyebukosa omubiri gwo'mwaana



Ghanika ekyifananhi omale oinonole ekibinja



Wetegereze oba ghaliwo ekibuuzo kyona kyona



ABAANA ABALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO BONA BONA BAAN-DAWULO:

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo bali no'buzibu mu kutambula, aye bona bona bazira buzibu mubintu bino nga okubonha, okuwulira, okwoogera, oba okweega/okusoma. Buli mwaana alina obusobozi no'bukalubirivu bwe.

Abandi basobola okutambula, okulya no'kunjwa nga kubanguwira, na'bandi basobola okutyaama beene. Abaana abandi tibasobola kweemeleza mutwe, abandi tibasobola kukyuuka, era na'bandi tibasobola kubonha bulungi. Aye buli mwaana alina obulemu obuva kubukosefu kubwongo asobola okukyuuka yaakola ebintu ebindi bulungi. Balina kwongeramu batya kyisinziira bunene kyi obwo'bwongo obwa'kosebwa na'bwangu kyi omwaana bwa'tandiika okubudabudibwa/obwiidandabi.



Tutegeera tutya nti omwaana alina obulemu obuva kubukosefu kubwongo?

Omwaana alina obuzibu/obukalubirivu mu:

- kutambula
- kubonha
- kulya no'kunhwa
- kwoogera
- kulowooza no'kweega/okusoma
- kutyaama, okweemelera no'kutambula

Buli mwaana alina obulemu obuva kubukosefu kubwongo wandawulo-ghazira baana babiri bafananha. No'lwekyo titusobola kugerangeranhia abaana baife. Buli mwaana wandawulo era wakyitibwa.



Inonola engeri abaana abalina obulemu obuva kubukosefu kubwongo nga bandawulo/tibafananha.

Tusuubira nti buli mwaana alina obulemu obuva kubukosefu kubwongo basobola okukyuuka mungeri eyindi, ghaire nga titusobola kubawonhia.

Kozesa ebifananhi olage engeri abaana abendawulo abalina obulemu obuva kubukosefu kubwongo gyebayinza okubaamu nga tibafananha



OBUBAKA OBUKULU

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo balina obuzibu mu kutambula

Abaana bangyi abalina obulemu obuva kubukosefu kubwongo era balina obuzibu obundi

Buli mwaana alina obulemu obuva kubukosefu kubwongo asobola okukyuusa yamala yaaba bulungiku

Ghaire nga titusobola kuwonhia bulemu obuva kubukosefu kubwongo, tusobola okuyamba buli mwaana okuba omulungi nga beyandisoboike



SPASTIC KYITEGEEZA KYI:

Abaana abandi abalina obulemu obuva kubukosefu kubwongo bawulira nga tibasobola kweegodamu ekiseera kyona kyona. Kizibu inho omwaana okuwanhika emikono ne'bigere byaibwe, kubanga emisiwa/emiziisa gyiba nga gyeeleze. Ekyigambo kyetukozesa ok-wi'nonola abaana abatasobola kweegodamu kyeetebwa spatic. Ekyigambo ekyeetebwa spatic kyitegeeza nti emisiwa/emiziisa mu miko-no ne'bigere gyiba gyeeleze ekiseera kyona kyona.

8

Ebibinja ebye'ndawulo ebyo'bulemu obuva kubukosefu kubwongo

Tubaire twa'kakoba nti abaana bona bona abalina obulemu obuva kubukosefu kubwongo bali no'buzibu mu kutambula era nti bona bona baandawulo. Tusobola okwi'nonola abaana abalina obulemu obuva kubukosefu kubwongo mungeri isatu (3) edendawulo: (1) kibinja kyi abalina obulemu obuva kubukosefu kubwongo kyebagwaamu, (2) kyigero kyi kyebasobola okutambula beene, (3) bitundu kyi ebyo'mubiri ebyaakosebwa.

Leka tutandiike ne'kyitundu ekisooka. Abaana abalina obulemu obuva kubukosefu kubwongo basobola okutuukana mu bibinja bisatu (4) ebikulu ebyo'bulemu obuva kubukosefu kubwongo.

Ekyigambo kyetukozesa okwi'nonola abaana abali mu kibinja ekisooka abalina obulemu obuva kubukosefu kubwongo kyeetebwa spastic



Kozesa ebifananhi okuyamba ekibinja okutegeera ekyigambo kyeetebwa spastic kyekyitegeeza





OKUTEGEERA ABAANA ABATASOBOLA KWEEGODAMU

Tusobola okutegeera nti omwaana tasobola kweegodamu nga tubalingilira mubifo ebye'ndawulo. Nga titulingiliire kyifo omwaana kyebamutairemu, abaana bafananha. Singa baba bali kutyaama, emikono ne'bigere byaibwe biba mukyifo kyilala. Singa baba batendukiire/balambaliire kunda, emikono ne'bigere byaibwe biba mukyifo kyilala. Singa baba balambaliire ku mugoongo, emikono ne'bigere byaibwe biba mukyifo kyilala.



Kozesa ebifananhi olage ekibinja engeri eyo' kutegeeramu nti om-waana tasobola kweegodamu





EKYIGAMBO EKYEETEBWA CHOREOATHE- TOID KYITEGEEZA KYI:

Abaana abandi abalina obulemu obuva kubukosefu kubwongo bali kutambula ekiseera kyona kyona era kyizibu gyebali obutatambula. Bwebagezaaku inho okukola ekyintu, oba bwebaba basanhufu ku kyintu, era no'kutambula kuba era kungyi. Balina obuzibu/obukalu-birivu bwa'manhi okweeghanilira okutambula era baboneka nga tibatereevu. Ekyigambo kyetukozesa okwi'nonola abaana abali kutambula ekiseera kyona kyona, oba nga batambula inho kyeetebwa choreo-athetoid.



OKUTEGEERA ABAANA ABATAMBUZA EINHO EBINTUNDU BY'EMIBIRI GYAIBWE EK- ISEERA KYONA KYONA

Tuyinza okutegeera nti omwaana ali choreoathetoid nga tulingilira okubonha kyiky ekyibaawo nga bagezaaku okukozesa ebitundu bwaibwe eby'omubiri. Ebiseera ebindi enkozesa dino diyinza okuba ntono inho era kyizibu okubonha mukifananhi kubanga tosobola kubonha mwaana mukifananhi nga akozesa omubiri gwe. Abaana bano ebiseera ebindi bagezaaku okukumira emikono ne'bigere byaibwe kumpi no'mubiri okulekera'gho okutambula inho. Bwebaba bafunhye ekyintu, kuyinza okufananha okwa'buliidho kubanga tikusobola kukumibwa. Omwaana ayinza okukuba ne'mikono gye nga ali kugezaaku okutuuka ku kyintu. Tibategeeza kukukuba, aye tibasobola kulabilira kutambula kwa mikono bulungi.

Ekyigambo kyetukozesa okwi'nonola abaana mu kibinja ekyilaku ekyo'bulemu obuva kubukosefu kubwongo kyeetebwa choreoathetoid.



Inonola ekyigambo ekyeetebwa choreoathetoid kye kyitegeeza omale olage ekibinja omwaana owe'kyika ekyo afananha atya



Kozesa ebifananhi olage ekibinja engeri eyo'kwiidukiramumu nti omwaana wa kyika ekyeetebwa choreoathetoid





EKYIGAMBO EKYEETEBWA DYSTONIC KY-ITEGEEZA KYI:

Abaana abandi abalina obulemu obuva kubukosefu kubwongo beesi-ka inho ekye'inhuma. Emibiri gyaabwe gyiba migoonvu, aye buli we-bagezaaku okukoseza emibiri tibasobola kweegodamu. Kizibu inho abaana okwikhaikhana singa emibiri gyaabwe gyiba tigyeegodyeemu. Buli lwo'gezaaku emirundi egyiwera okulekera'gho okubasindiika, baida kusindiika inho. Kyilaga nti omwaana alina amaanhi mangyi, era beesindika inho. Abaana bano bayinza okuba bazibu baakukuma kubanga ebiseera ebindi baba bawumwiire era ebiseera ebindi baba tibasobola kweegodamu. Ekyigambo kyetukozesa okwi'nonola abaa-na bano kyeetebwa dystonic.

Ekyigambo kyetukozesa okwi'nonola abaana mu kibinja ekyo'kusatu ekyo'bulemu obuva kubukosefu kubwongo kyeetebwa dystonic.



Kozesa ebifananhi okuyamba ekyibinja okutegeera ekyigambo ekyeetebwaa dystonic kye kyitegeeza.





OKUTEGEERA ABAANA ABALI MUKYIKA EKYEETEBWA DYSTONIC

Tuyinza okwutegeera nti omwaana ali mukyika ekyeetebwa dystonic nga obalinda okubonha kebawumwiire era omale obakobe okukola ekyintu. Bwebaba bali kugezaaku okukola ekintu, emibiri gyaabwe gyiba tigyegodamu. Abaana bano bafunha obuzibu okukuuma emitwe gyaabwe ghagati. Gyigwa mumaiso oba basindiika emitwe gyaabwe einhuma inho. Kyizibu inho abaana okuleeta aghalala emikono ghagati. Buliidho baidha kukuuma emikono nga tigyeefunhyeemu/tigyegodyeemu era nga gyili kuluuya, awatali kumpi no'mubiri. Ekyimanhikwa ku baana abali mu kyika ekyeetebwa dystonic kyili nti emibiri gyaabwe gyiyinza okufananha nga emilwaire, oba ebigere byaibwe bilwaala.



Kozesa ebifananhi olage ekibinja engeri eyo'kwiidukiramu nti omwaana ali mukyika ekyeetebwa dystonic.



Tikyaangu okubonha oba omwaana ali mukyika ekyeetebwa spatic oba dystonic. Abaana abandi bayinza okuba spatic nhi dystonic mukiseera kilala. Abaana bwebaba nga baaganibwa mu kibinja ekiswiika ekyilala ekyo'bulemu obuva kubukosefu kubwongo, twaabeeta "mixed".



OKUTEGEERA ABAANA ABALINA OBUKOSEFU KUBWOONGO NGA BAKAANKANA.

Abaana abalina obukosefu kubwongo nga bakaankana balina obuzibu okuguma nga beemeleeire oba okukozesa ebitundu ebyo'mubiri. Batambula nga bayuugayuuga, no'butanhweera/obutaguma kwii-taka. Tibeetengelera bulungyi. Kubanga omwaana alina obuzibu mu kweetengelera batambula nga ebigere byaibwe tibili ghalala okuleka nga abaana abandi. Kulwo'buzibu mu kweetengelera no'kukozesa ebitundu byaabwe ebyo'mubiri nga bali kutambula, bayinza okugwa ghansi mubwangu. Ebiseera ebindi, bwebaaba bali kutambula, basobola okweefananhiriza omuntu anhweire omwenge omungyi. Nga abaana bona bona abalina obulemu obuva ku bukosefu kubwoongo, obuzibu mukutambula buva kubukosefu kubwoongo.

Ekyigambo kyetukozesa okwiinonola abaana abali mukibinja ekyilaaku kyeetebwa abaana abalina obulemu obuva ku bukosefu kubwoongo nga bakaankana.



Inonola abaana abalina obulemu obuva ku bukosefu kubwoongo nga bakaankana kyitegeeza kyi omale olage ekibinja omwaa-na alina obuzibu obwo afananha atya.



Kozesa ebifananhi okulaga ekibinja engeri eyo'kutegeera om-waana alina obulemu obuva ku bukosefu kubwoongo nga akaankana.





**Kibinja kyi kyo'lowooza nti omwaanawo agwaamu?
Lwaaki?**

Wetegereze oba ghaliwo ekibuuzo kyona kyona

OBUBAKA OBUKULU

**Tukubagainhia ebi lowoozo ku kibinja bisatu ebikulu
ebyo'bulamu obuva kubukosefu kubwongo.**

**Abaana abandi bagwa mukyika kya spatic era tibeegodamu
ekiseera kyona kyona.**

**Abaana abandi bagwa mukyika kya choreoathetoids era
batambuza inho ebitundu by'omubiri.**

**Abaana abandi bagwa mukyika kya dystonic era tibeegodamu
bwebaba bagezaaku okukola ekyintu oba nga
basanhwiike**

**Abaana abandi batabule kubanga bagwa mu kibinja ekiswiika
ekyilala**



EIDAALA ERISOOKA ELYA'BAANA:

Eidaala erisooka: Abaana bayinza okutambulira munda nhi kuluya beene era basobola okuja waiguru nhi wansi waamadaala nga ezira kyintu kyona kyona kyebeegemyeeku. Basobola okulumuka no'kutuumma, aye tibasobola kwanguwa nga abaana abandi era beemelera nga bayugayuuga nga abaana abazira bulemu obuva kubukosefu kubwongo.



EIDAALA ELYO'KUBIRI ELYA'ABAANA:

Eidaala elyo'kubiri: Abaana basobola okutambulira munda nhi kuluya beene, aye kuluya kiyinza okuba kyizibu gyebali. Basobola okutambula nga bajja waiguru nhi wansi singa wabaawo ekyintu kyebasobola okweegemaku. Ekyifo ekyitaagayaga ne'kyilimu abantu abangyi bi-bakalubiriza okutambula tambulamu. Tibasobola kulumuka oba kutuma.

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Amadaala age'ndawulo ago'bulemu obu- va kubukosefu kubwongo

Nga bwetukobye, ghaliwo engeri isatu detusobola okwi'nonola abaana abalina obulemu obuva kubukosefu kubwongo. Enger eyo'kubiri ya kwi'nonola abaana okusinziira kungeri gyebatambulamu beene. Amadaala gali ataanu era abaana bona bona abalina obulemu obuva kubukosefu kubwongo bayinza okwi'nonolwa mu idaala erisooka ku madaala gano.



Ghanika ekifananhi omale oinonole omwaana kya'sobola okukola kwi'daala erisooka do.



Ghanika ekifananhi omale oinonole omwaana kya'sobola okukola kwi'daala elyo'kubiri





EIDAALA ELYO'KUSATU ELYA'BAANA:

Eidaala elyo'kusatu: Abaana basobola okutambula tambulamu beene singa baba ne'byo'kukozesa, nga akagaali oba ekyo'kutambulilaku, era singa wansi waba watereevu. Basobola okukozesa akagaali beene, aye beenda obuyambi ku lugendo oluwanvu. Basobola okutyaama beene.



EIDAALA ELYO'KUNHA ELYA'BAANA:

Eidaala elyo'kunha: Abaana bakozesa obugaali ebiseera ebisinga era beenda omuntu okubasindika. Basobola okukyuuka beene era bayinza okutambula tambulamu wansi beene-okugeeza nga batambulisa emigoongo oba amabunda oba nga beekyuusakyuusa. Tibasobola kutyaama beene aye basobola okutyaama singa oba obayaambye.



Ghanika ekifananhi omale oinonole omwaana kya'kola kwi'daala elyo'kusatu



Ghanika ekifananhi omale oinonole omwaana kya'kola kwi'daala elyo'kunha.





EIDAALA ELYO'KUTAANU:

Eidaala elyo'kutaanu: Abaana tibasobola kutambula buli ghantu beene. Tibasobola kutyaama beene era tibasobola kweekyuusa okuva ku mugoongo okwiira kunda oba okuva kunda okwiira ku mugoongo. Bayinza okusobola okweekyuusamu katono okuva kuluuyi olundi okuja kulundi. Bwoota omwaana kunda, ayinza okusobola okusitula omutwe katono, aye tibuli mwaana ali mu idaala elyo'kutaanu nti asobola okusitula omutwe oba okukyuuka okuva kuluuyi olundi okuja kulundi. Engeri esinga okwiidukira omwaana ali mu idaala elyo'kutaanu kyili nti tasobola kukyuusa kyifo, aba bube mukyifo kyooba nga omuteiremu.



OMWAANA WANGE ASOBOLA OKUKYUUSA EIDALA LYE?

Bwaaba nga omwaana muto inho (nga tagheeza myaaka ebiri) kiyinza okuba kyizibu okusalawo eidaala lyaaliku. Aye omwaana bwaaba alina emyaaka ebiri, kyangu okusalawo eidaala lyaaliku. No'kuyambibwa okungyi okuva eri abazaire na'basawo, kiyinza okusoboka abaana okukyuusa amadaala gaabwe no'kweeyongerayo neidaala elindi, aye kyino tikyiteera kwaaganhika/kubaawo. Bwootegeera eidaala lyo'mwaanawo lyaaliku, aidha kuba kwiidaala elyo buliidho. Omwaana ali kwiidaala elyo'kutaanu taidha kwiira/kuba kwiidaala elyo'kusatu, oba elyo'kubiri oba erisooka elyo'mwaana.

Kyikyiki ekiyinda okubaawo ghaire nga omwaanawo asobola okwiikaku kwiidaala, okugeeza omwaana ali kwiidaala elyo'kusatu asobola okutambula nga akoozeesa ebintu ebimuyambaku ayinza okukakanala buli bwaaja nga akula okutuusa nga ebigere byo'mwaana tibisobola kweegodaamu nga era taakasobola kutambula mweene.

Kyino kyaamugaso inho nti tutalekeera'gho kuyamba baana baife. Twendha abaana baife okuba mumbera enungyi gyebandisaniire okubaamu era twendha abaana baife babe bati bwekyiba kysisoboka aye tiikuba mumbera embi no'kulekeera'gho okukola ebintu byebaayega okukola.



Ghanika ekifananhi omale oinonole omwaana kya'kola kwi'daala elyo'kutaanu.



Eidaala elyo'kunha ne'lyo'kutaanu: Abaana batambula katono beene, nolwe'kyo kyamugaso inho okweega/okusoma engeri eyo'kutyaamisa abaana ekiseera ekye'mis-anha kubanga tibasobola kukyikola beene.



Idaala kyi lyo'lowooza elinonola omwaanawo? Lwaaki?



Eidaala elyo'mwaana wange lisobola okukyuuka?

Wetegereze oba ghaliwo ekibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana abalina obulemu obuva kubukosefu kubwongo bainonolwa okuba kulimu ku madaala ataanu.

Amadaala gano gatukobera omwaana bya'sobola okukola.

Eidaala erisooka okutuuka kulyo'kusatu abaana basobola okutambula beene.

Abaana abali mu idaala elyo'kunha nelyo'kutaanu beenda obuyambi okutambula oba okukyuusa ebifo kubanga tibasobola kukyikola beene.



ENGERI ISATU OMULI EBITUNDU EBYO'MUBIRI EBYAAKOSEBWA:

Abaana abasinga bungyi abalina obulemu obuva kubukosefu kubwongo baakosebwa emibiri gyaabwe gyona gyona. Kyino kyitegeeza nti emikono ne'bigere byona bili no'buzibu mu kutambula. Tweeta omwaana ono tuti a 'quadraplegic'. Mu bumpimpi, tukoba nti 'quad'.

Emikono egya'baana abandi tigyaakosebwa aye ebigere byaibwe byaakosebwa. Buliidho abaana bano basobola okutyaama era baakozesa emikono gyaabwe, aye balina obuzibu bungyi mu kutambula. Ebiseera ebindi, emikono gyaakosebwa katono, aye ebigere byaakosebwa inho okusingaku emikono. Tweeta omwaana ono tuti a 'diplegic'. Mu bumpimpi, tukoba nti 'di'.

Abaana abandi baakosebwa luuyi lulala olwo'mubiri gyaabwe lwonka. Kino kyitegeeza balina obuzibu okutambuza emikono ne'bigere ku-luuyi lulala olwo'mubiri. Tweeta omwaana ono tuti a 'hemiplegic'. Mu bumpimpi, tukoba nti "hemi".

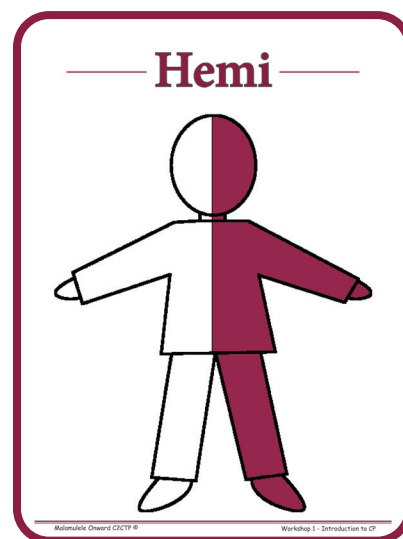
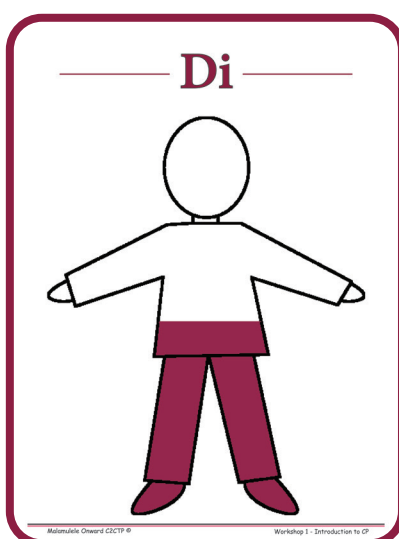
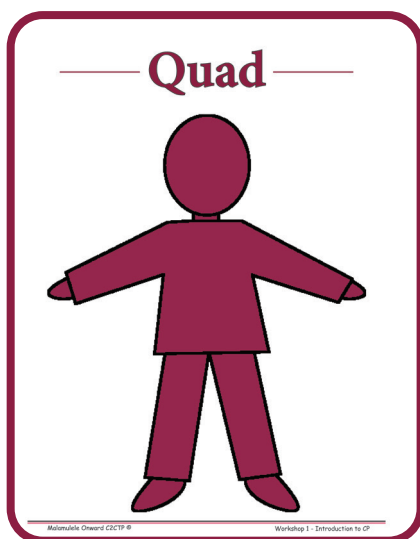
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Ebitundu ebyo'mubiri ebirimu nga byaakosebwa

Engeri eyo'kusatu yetusobola okwi'nonola abaana abalina obulemu obuva kubukosefu kubwongo kyisinziira ku bitundu ebyo'mubiri ebirimu nga byaakosebwa. Engeri dili isatu enkulu bitundu kyi ebyo'mubiri ebirimu nga byaakosebwa.



Ghanika ebifananhi ebyo ebisatu omale oinonole engeri isatu edilimu ebitundu ebyo'mubiri ebyaakosebwa.



Kozesa ebifananhi okulaga abaana bano gyebafananhamu



Quad



Di



Hemi



Bitundu kyi ebyo'mwaanawo ebirimu nga byaakosebwa?

Kyigambo kyi kyoosobola okukozesa okwi'nonola ebitundu ebirimu ebyaakosebwa?

Wetegereze oba ghaliwo ekibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana abalina obulemu obuva kubukosefu kubwongo bainonolwa okusinziira ku bitundu ebyaakosebwa ebyo'mubiri gyaabwe

Tukozesa ebigambo nga 'quad', 'di' nhi 'hemi' okwi'nonola.

Nga ekibinja ekya aghalala, tuli kuja kugezaaku okutegeera nga ekibinja bikyi ebileeta obulemu obuva kubukosefu kubwongo.



Kyi kyo'lowooza ekyaaviraku omwaanawo okuba no'bulemu obuva kubukosefu kubwongo?

Gha buli muntu omukisa okwiiramu



Wategeera otya nti kyoobaire waakairamu ne'kyaaviraku irala?
Eliyo omuntu owundi eyakukoberaku kyino?
Naanhi eyaakukobera ekyaaviraku era baategeera batya ekyaaviraku?

Kozesa ebibuuzo okutegeera ebiwoozo/ebiduubo ebyo'muzaire gyebiva ku bileeta obulemu obuva kubukosefu kubwongo

Ebiseera ebisinga, ekyleetera omwaana obulemu obuva kubukosefu kubwongo tikiymanhiikwa, kubanga kizibu inho okukoba kyeene singa obwongo buba bwaakosebwa. Ghaire nga titwiidhi ekyleeta, oba ekyaaliwo oba lwaaki kyaaliwo, twiidhi kyintu kilala: Tiibuzibu bwa mukazi nti omwaanawe alina obulemu obuva kubukosefu kubwongo.

Ebiseera ebindi ghaliwo ebintu ebibaawo nga biyinzira okuviraku omwaana okufunha obulemu obuva kubukosefu kubwongo oba okuba nemikisa egyo'kufunha obulemu obuva kubukosefu kubwongo. Kubimu ku bintu bino biyinzira okubaawo eri omukazi nga ali mabundha, ebintu ebindi biyinzira okubaawo nga omukazi ali kuzaala era nebindi biyinzira okubaawo ku mwaana nga amaze okuzalibwa.

Leka tusooke twoogere ku biyinzira okubaawo eri omukazi nga akaali kuzaala oba nga ali kuzaala.



EBINTU EBIBAAWO KU MUKAZI NGA BILEETA OBULEMU OBUVA KUBUKOSEFU KUBWONGO

- Singa omukazi aba no'bulwaire-omukazi ayinza okusiiga omwaana ate nga omwaana akaakula munda.
- Singa omukazi aba nhi pulesa nga ya waiguru inho, okusingila irala mu mweezi ogwa'mabundha ogusembayo, kiyinza okukosa omwaana.
- Singa omukazi akozesa amakerenda aga famile agayinza okukosa omwaana, okusingila irala amakerenda agatakuwereibwa omusawo omukugu/omutendeke.
- Singa omukazi atandiika okulumwa ebisa mangu.
- Embeera yona yona nga omwaana tasobola kufuluma. Okugeeza singa amagumba ago'mukazi gaba mafundha inho. Singa omwaana tasobola kufuluma, okulumwa kuwanvu ate kuzibu. Bwekyiba nga kyili kutwaala akaseera akaweraku omwaana okufuluma, omwaana afuluma nga mukoowu inho era asobola okufunha obuzibu no'butafunha muuka ogwo'kwiisa oguweraku, oba omutima okukuba gutandiika okukuba katono.
- Ebiseera ebindi, ghayinza okubaawo obuzibu kumabunda no'lwensonga eno omwaana tatambula bulungi munda ya maamawe. Bwekyiba kyituuse ekiseera ekyo'kuzaala, omwaana alwanagana era yaamala ekiseera kyinene okuzalibwa.
- Singa omukazi aba naabalongo - kiyinza okutwaala ekiseera ekyiwer omwaana owo'kubiri okuzalibwa.
- Okufunha akabendhe akaleetera omwaana okukosebwa omutwe, okugeeza nga akabendhe ake'motoka oba singa omukazi aba aku-biibwa.



Ghanika ekifananhi omale oinonole buli kyintu ekiyinza okubaawo ku mukazi nga kyikosa omwaana



Ebintu ebibaawo ku mukazi nga bileeta obulemu obuva kubukosefu kubwongo

- Obulwaire
- Pulesa nga eri ghaiguru
- Okukozesa amakerenda agayinza okukosa omwaana.
- Okulumwa mukiseera nga omwaana akaali kutuuka.
- Embera yona yona nga omwaana tasobola kufuluma.
- Okuba na'balongo.
- Omukyaala okufunha akabendhe ekyileetera omutwe ogwo'mwaana okukosebwa.

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Wetegereze oba ghaliwo ekibuuzo kyona kyona

Bino ne'bintu byona byona ebiyinza okubaawo ku mukazi nga byoongera emikisa egyo'mwaana okufunha obulemu obuva kubukosefu kubwongo nga akaali kuzaala oba mukiseera ekyo'kuzaala.

Buti leka twoogere ku bintu ebiyinza okubaawo ku mwaana nga bibata ku buzibu obwo'kufunha obulemu obuva kubukosefu kubwongo.



EBINTU EBIBAAWO KU MWAANA NGA BILEETA Obulemu obuva kubukosefu kubwongo

- Singa omwaana azalibwa mangu inho (nga emyeezi munana gyikaali kuwera)
- Singa obuzito bwo'mwaana buba butonho inho (nga tibugheezaza gulamuuzi lukumi nabitaanu), omwaana alina emikisa mingyi egyo'kufunha obuzibu kubwoongo.
- Singa aba azaalibwa, ghaliwo okuva omusaayi mu bwongo-kino ki-yinza okubaawo okusingila irala mu baana abazalibwa amangu nga enaku daabwe dikaali kutuuka.
- Singa omwaana aba azaalibwa/amaze okuzaalibwa, omwaana afunha obulwaire ku bwoongo okugeeza nga omusuudha ogwo'kubwoongo oba TB agema mu bwoongo.
- Singa omwaana aba yesika nga yaakazalibwa. Okwesika munaku ntono edisooka nga omwaana yaakazalibwa buliidho kabonero kalaga nti obwongo buyinza okuba bwaakosebwa era tiyafunha muuka gwaakwiisa mukiseera ekyo'kuzaala.



EBINTU EBITALEETA Bulemu obuva kubukosefu kubwongo

- Okweegeita nga oli mabundha
- Ebiwoozo
- Emizimu gye'kika eminhivu
- Obutesigangana mu bufumbo
- Okuloga
- Emizimu
- Ekyibonerezo okuva ewa Katonda
- Nsikilango okuva mu bazaire oba mululyo



Ghanika ebifananhi omale oinonole buli kyintu ekiyinza okubaawo ku mwaana nga amaze okuzalibwa



Ebintu ebibaawo ku mwaana nga bileeta obulema obuwa kubukosefu kubwongo

- Nga omwaana azaalibwa maangu (nga akaali kugheeza myeezi munanha).
- Nga omwaana azitogha katono inho.
- Nga ava omusaayi mubwoongo.
- Obulwaire kubwoongo (omusuudha ogwo'kubwoongo oba TB agema mu bwoongo).
- Okwiirawo nga omaze okuzaala/oluvainhuma olwo'kuzaala.

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Wetegereze oba ghaliwo ekibuuzo kyona kyona

Bino byona byona bintu ebiyinza okwoongera emikisa egyo'mwaana okufunha obulemu obuwa kubukosefu kubwongo.

Aye kyaamugaso okwiidukira kubanga ebintu bino byoongera emikisa edho'kufunha obulemu obuwa kubukosefu kubwongo, tikyitegeeza nti biidha kuleetera buliidho obulemu obuwa kubukosefu kubwongo.

Buti twoogeire kubileeta obulemu obuwa kubukosefu kubwongo, leka twoogere ku bintu ebitalletera bulemu obuwa kubukosefu kubwongo.



Ghanika ekifananhi omale oiremu buli nsonga. Leka ekibinja kyikubaganyhe endowoova daibwe ku byooyogeire nabo



Ebintu ebitalleeta obulemu obuwa kubukosefu kubwongo

- Okweegeita nga oli mabundha
- Ebilowoozo
- Emizimu gye'kika eminhiiyu
- Obutesigangana mu bufumbo
- Okuloga
- Emizimu
- Ekyibonerezo okuva ewa Katonda
- Nsikilanho okuva mu maka oba mu lulyo

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Abazaire abasinga balowooza nti nsobi yaibwe omwaana waibwe alina obulemu obuva kubukosefu kubwongo era baja nga banenhiagana mu bulamu.

Idukira

*Obulemu obuva kubukosefu kubwongo tinsobi yaamuzaire
Ne'kyintu omuzaire yena yena kyaaziraku buyinza
Obulemu obuva ku bukosefu ku bwoongo tindwaire oba tiibulwaire
obuyinza okuwonha no'bulezi/ne'idagala.
Tosobola kufunha obulemu obuva ku bukosefu ku bwoongo okuva ku-
muntu owundi.*

Wetegereze oba ghaliwo ekibuuzo kyona kyona

OBUBAKA OBUKULU

Ekyiviraaku omwaana okufunha obulemu obuva kubukosefu kubwongo tikyimanhiikwa

Twiidhi bintu ebiyinza okwoongera emikisa egyo'mwaana okufunha obulemu obuva kubukosefu kubwongo byonka.

Kubimu kubintu bino bibaawo ku mukazi ne'bindi bibaawo ku mwaana.

Tinsobi yaamuzaire nti omwaanawe alina obulemu obuva kubukosefu kubwongo-Kyiziraku buyinza bwaibwe.



LWAAKI ABAANA TIBAFABA Bulemu obuva kubukosefu kubwongo:

Obulemu obuva kubukosefu kubwongo tibwiita baana, aye abaana abalina obulemu obuva kubukosefu kubwongo bayinza okufa okuva kubintu ebituviraku ife okufa. Singa omwaana alina obulemu obuva kubukosefu kubwongo afa, kya buliidho kubanga baali no'bulwaire obwa'baviraku okulwaala einho okugeza nga akafuba, obulwaire obye'kyifuba. Singa omwaana aba ne'nsimbu, era nga tibali kukozesa bulezi/idagala, obulwaire buba bwa'manhi no'mwaana aba tategeera.

Abaana abalina obulemu obuva kubukosefu kubwongo bakula okufuuka abavubuka na'bantu abakulu nga balina obulemu obuva kubukosefu kubwongo. Aye titutera kubonha bantu bangyi nga bakulu abalina obulemu obuva kubukosefu kubwongo mu byaalo, kubanga buli webakula baazitowa, kyiba kyizibu inho okubapakila okuja kwi'rwaliro.



- Olowooza nti abaana bafa obulemu obuva kubukosefu kubwongo?
- Lwaaki?



Nga buli muntu amaze okugha endowoozaye, inonola lwaaki abaana tibafa obulemu obuva kubukosefu kubwongo

Kozesa ebifananhi olage ekibinja nti abaana abalina obulemu obuva kubukosefu kubwongo basobola okufuuka abavubuka na'bantu abakulu nga balina obulemu obuva kubukosefu kubwongo





LWAAKI Obulemu obuva kubukosefu kubwongo TIBUWONHA:

Ghazira kuwonha kwa bulemu obuva kubukosefu kubwongo. Singa wabaawo obukosefu ku bwongo, tibusobola kukyusibwa/kulongosebwa. Na'basawo abasinga kuba bakugu/batendeke inho muni yona yona tibasobola kuwonhia obulemu obuva kubukosefu kubwongo. Tibusobola kuwonhezebwa nakulongosa oba no'bulezi bwona bwona oba buva ya musawo oba omusawo owe'kyiirugavu. Era tikiyikola nasente imeka dooli nadho. Ezira sente disobola kuwonhia omwana alina obulemu obuva kubukosefu kubwongo. Obulemu obuva kubukosefu kubwongo omuntu aghangala nabwo. Omwaana alina obulemu obuva kubukosefu kubwongo asigala nga alina nabwo.

Abasawo ababudabuda na'basawo bayinza okuyamba omwaana alina obulemu obuva kubukosefu kubwongo okuba mumbera enungi yebasaanile okubaamu, aye tibasobola kutoolawo obulemu obuva kubukosefu kubwongo.



Olowooza nti obulemu obuva kubukosefu kubwongo buyinza okuwonha?



Nga buli muntu amaze okugha endowoozaye, inonola lwaaki obulemu obuva kubukosefu kubwongo tibusobola kuwonha?

Wetegereze oba ghaliwo ekibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana abalina obulemu obuva kubukosefu kubwongo baidha kuba nabwo obulamu bwaibwe bwona bwona.

Baidha kufuuka bavubuka era bafuuke bantu bakulu singa basigala nga balamu.

Ghazira musawo, bulezi, kulongosa oba kyuuma nti ky-isobola okulongosa obwongo obukoseibwa



OKUJA KWI'SOMERO:

Tukobye nti buli mwaana alina obulemu obuwa kubukosefu kubwongo wandawulo era nibyebasobola okukola kyisinzira ku bitundu kyi ebyo'bwongo byaibwe ebyaakosebwa. Kyifananha no'kweega/okusoma. Abaana abandi abalina obulemu obuwa kubukosefu kubwongo basobola okusoma nga omwaana owundi yena yena era abaana abandi basobola okusoma obuntu obugoovu bwo'nka.

Singa omwaana alina obulemu obuwa kubukosefu kubwongo asobola okusoma nga abaana abandi, baba betaaga okuja kwi'somero elisobola okubayamba okusoma ghaire nga balina obuzibu mu kutambula. Ekyo'mukisa omubi, ghaliwo amasomero matono inho age'kyika kyino, no'lwe'kyo kyizibu okufunha abaana abandi okwiikiriza okuja mu masomero gano.

Abaana abandi abalina obulemu obuwa kubukosefu kubwongo basobola okusoma mu isomero lyona lyona, aye beetaga/beenda omuntu okuba nabo ekiseera kyona kyona okubayambaku mu kyibina.



Olowooza nti abaana abalina obulemu obuva kubukosefu kubwongo basobola okuja kwi'somero? Lwaaki?



Nga buli muntu amaze okugha endowoozaye, inonola lwaaki abaana abandi baja kwi'somero ate abandi tibaja.

Buuzza omusawo wo akughe amagezi kungeri kyi omwaanawo gyalina okusoma era oba kyi bali no'kuja kwi'somero. Bali no'kukuwa amagezi ku masomero kyi agaliwo nengeri eyo'kusaba ekyifo.

Idukira nti abaana bona bona abalina obulemu obuva kubukosefu kubwongo basobola okukyuusa era na'baana bona bona abalina obulemu obuva kubukosefu kubwongo basobola okusoma ekyintu ghaire nga kitono inho. Tutalekera kugezaa

Wetegereze oba ghaliwo ekibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana abalina obulemu obuva kubukosefu kubwongo basobola okuja kwi'somero singa baba basobola okusoma

Byebasoma kyisinziira kubitundu ebyo'bwongo ebyaakosebwa

Buuzza omusawo wo akughe amagezi ku kusoma okwo'mwaanawo

14

Enkomelero eyo'musomo

Gabanhiamu ekibinja abantu babiri babiri

Nenda mukubaganhye ebiduubo/ebilowooza nga ghemuli ababiri ababiri kyi kyemweezeyo olwa'lero nga bweghabairewo amawulire amayaka amangyi mu musomo guno

Gha buli muntu edakiika ntono aghe endowooza

Nenda mwiiremu ebibuuzo bibiri nga wemugabanhizibwaamu ababiri ababiri



Kyi kyoidha okukobera aba'makago nga omusomo guno guweire? Kino kiida kukuzibuwalira kitya?

Gha buli muntu edakiika ntono okugha endowooza daibwe



Buti nti omusomo gutuuse ku'nkomelero, eliyo omuntu yena yena alina ekibuuzo kyona kyona nga tukaali kwi'galawo?

Bitilamu ekibinja olupapula olwo'muzaire omale wetegereze oba ghaliwo ekibuuzo kyona kyona ku lupapula olwo.

Igalawo omusomo omale obonhe nti buli muntu awulira nga ekibuuzo kye kyiiribwaamu

2

**Okughangaala n'obulemu
obuva kubukosefu kub-
wongo mu bulamubwo
bwona bwona**

Okulabilira omwaana wange olunaku
lwona lwona.

Ebikozesebwa

Mu musomo guno ighe / imwe mwiidha kweetaaga / kwenda



Olupapula nga lunene



Maaka / ekyikalaamu



Pilo / ekyo'kwesigika oba bbulangiti nga nfunhe yaamu

1

Tukwaanhiriiza

Yanhiriza buli muntu mukyibingya era okase nti batebenkevu memale otandiike



**Nga tukaali kutandiika musomo guno, tukobereeku ekyintu kyila-
la kyewakoberaku amakaago ku bulemu obuleiteilwa obukosefu
kubwongo era baakwiiramu batya oluvainhuma olwo'kubakobera
amawulire?**

Ghanika ebiviiremu era mubibitemu
nhe'kyibingya

Workshop 2 - Ebinavaamu

- Kyetutegeeza bwe tukoba nti "okulabirila omwaana alina obulemu obuwa kubukosefu kubwongo obukosefu kyintu kyaabulamu bwona bwona".
- Ngeri kyi abaana abalina obulemu obuwa kubukosefu kubwongo gyebakyuukamu okumala ekyiseera
- Ngeri kyi gyetusobola okukola ebintu byetukola buli lunaku mungeri eyamba abaana abalina obulemu obuwa kubukosefu kubwongo
- Engeri edo'mugaso okugema no'kutambuza abaana abalina obulemu obuwa kubukosefu kubwongo
- Engeri gyetukola emirimu n'ebintu byabuliidho mungeri eyamba abaana abalina obulema obuwa kubukosefu kubwongo

Malamulele Onward C2CTP ©

Workshop 2 - CP as a Way of Life

Mu musomo ogwaasembayo, twaasoma nti:

1. Obulemu obuwa obukosefu kubwongo tewona. Omwaana aidha kuba n'obulemu obuv kubukosefu kubwongo era nga tibwiidha kuvaawo.
2. Abaana bona bona abalina obulemu obuwa kubukosefu kubwongo balina obuzibu muku-tambula n'okukozesa emibiri gyaibwe.
3. Ghaire nga titusobola kuwonhia bulemu obuwa kubukosefu kubwongo, abaana bona bona balina obusobozi okukyuusa/okukyuuka

Okulabirila omwaana alina obulemu obuwa kubukosefu kubwongo kyintu kyaabulamu bwona bwona era engeri abaana abalina obulemu obuwa kubukosefu kubwongo gyebakuukamu esinziira kungeri gyebamala/gyebakozesa ebiseera byaabwe buli lunaku.

Bino nhe'bintu byetugya okwo'geraku olwaaleero:

- Kyetutegeeza bwe tukoba nti "okulabirila omwaana alina obulemu obuwa kubukosefu kubwongo obukosefu kyintu kyaabulamu bwona bwona".
- Ngeri kyi abaana abalina obulemu obuwa kubukosefu kubwongo gyebakyuukamu okumala ekyiseera
- Ngeri kyi gyetusobola okukola ebintu byetukola buli lunaku mungeri eyamba abaana abalina obulemu obuwa kubukosefu kubwongo
- Engeri edo'mugaso okugema no'kutambuza abaana abalina obulemu obuwa kubukosefu kubwongo
- Engeri gyetukola emirimu n'ebintu byabuliidho mungeri eyamba abaana abalina obulema obuwa kubukosefu kubwongo



OKULABIRILA OMWAANA ALINA OBULEMO OBUVA KUBUKOSEFU KUBWONGO KYINTU KYAABULAMU BWONA BWONA:

Mu musomo guno, tulikuja kwoogera kubilowoozo/kubiduubo ebyo'mugaso ebigema ku kulabilira abaana abalina obulemo obuva kubukosefu kubwongo, aye ebiduubo bino tiikukola bisaizi/doilo. Tibyaakyiseera kyonka ekyigere mu lunaku oba okukolebwa emilundi emigere mu lunaku. Bino biduubo bya buli kyiseera kyetukola ekyintu kyona kyona no'mwaana alina obulemu kubukosefu kubwongo. Kubanga omwana alina obukosefu ku bwongo alina obuzibu mu kutambula era obuzibu buno tibubaawo mu lunaku lwonka, buli saawa kyikosa omwaana. No'lwe'kyo, tuli no'kukolera ghalala no'mwaana mungeri eyo'mugaso nti omubiri gwo'mwaana tiguba bubi okusinga nga weguli buti.

Eno ne'nsonga lwaaki tukoba nti okulabilira omwaana alina obulemu kubukosefu kubwongo kyintu kya bulamu bwona bwona, kubanga ebiduubo byetusoma ne'bintu byetweenda okukola olunaku lwona lwona, buli lunaku – tikyiseera kyigere kyonka mu lunaku oba munaku edindi mu wiiki. Tiikukola bisaizi/doilo, ngeri yakubaamu mubulamu no'mwaana. Okukola ebisaizi/doilo buli lunaku kiyinza okuba kya mugaso, aye tikyimala okutangila omwaana obutaba bubi.

3

Okughangaala n'obulemu obuva kubukosefu kubwongo, buli lunaku mu bulamubwo bwona bwona

Abaana abalina obulemu obuva kubukosefu ku bwongo baidha kukula nga balina obulemu buno era ghebakula, baidha kukyuusa/kukyuuka. Bayinza okukyuusa mungeri enungi oba embi, okusinziira kungeri gyebakozesaamu enaku daabwe

Mu musomo guno, twiidha kweega kungeri gyetusobola okuyamba abaana okukyuusa/okukyuuka mungeri enungi aye obutaba bubi. Okweega kyino, twenda okusooka okutegeera nti obulemu obuva kubukosefu kubwongo kyintu kya bulamu bwona bwona



Inonoola kyetutegeeza bwetukoba nti okulabilira omwaana alina obulemu obuva kubukosefu kubwongo kyintu kya bulamu bwona bwona.



OLUGERO OLWE'NHUMBA EYE'ISUBI

Leka tukozese ekyo'kuboneraaku nga kya nhumba eye'isubi okutuyamba okutegeera. Singa oba ne'nhumba eye'isubi enungi, nga akasulya kalungi ne'bimante/ebisenge nga bilungi, kyiidha kuba kyifo kyilungi ekyo'kuviramu. Singa oba oviira mu nhumba eye'isubi nga ezira kyo'kola enhumba okuboneka obulungi no'kuba nguumu, ekyiseera bwekibitaawo eja kutandiika nga eboneka bubi. Singa oba ogyilese okumala akaseera, eja kuba nga efananha ne'numba eye'isubi mu kyifananhi ekyo'kubiri.

Singa oba osula munhumba eye'isubi nga oyenda efuuke amaka amalungi okumala ekyiseera, olina okukuuma/okwiidabiliza akasulya, ebimante/ebisenge no'kusiiga langi. Mungeri eyo, omwaana alina obulemu obuva kubukosefu kubwongo alekeibwa mubifo ebitamuyamba oba talabilirwa mungeri enungi, aidha kuba bubi okumala ekyiseera.

Tukobyee ku nti abaana abaana bona bona abalina obulemu obuva kubukosefu kubwongo basobola okukyuusa/okukyuuka era abaana abandi bakyuusa okusingaku abandi okusenziira ku bukosefu/obulemo ku bwongo. Enhumba eye'isubi yona esobola okukyuuka okusinga okugyiidabiliza kyonka, eliyo ebintu bingi byetusobola okukola okugyiniriza/okwongera ku mutindo. Kyeene kyino kyituufu eri abana abalina obulemu obuva kubukosefu kubwongo. Balina obusobozi okukyuusa mungeri enungi, aye tibasobola kukyuusa singa tuba titubayambye kukyuusa.

4

Enkyuukakyyuuka esobola okuba enhungi oba obutaba nhungi

Abaana abalina obulemu obuva ku bukosefu kubwongo bakyuuka oluvainhu ma olwe'ibanga era enkyuukakyyuuka enho esobola okuba nhungi oba obutaba nhungi. Omwaana buli ghaatambula katonho mweene, kyiba kyeetagisa okukola inho okumuyamba okutambula. Kyino kili kyityo kubanga omwaana buli ghaatambula akatonho, aidha kusigala nga mukakanhavu era asigala mumbera ya'lekeibwaamu.



Kozesa ebifananhi oinonole olugero olwe'nhumba eye'isubi



Mu baana abali mwi'daala elyo'kunha oba elyo'kutaanu, kiyinza okuba kizibu okubona ebintu bingyi ebilungi ebikyuuse okumala akaseera, okusingila irala omwaana bwaaba akuze-aye omwaana asobola okuba bubi singa tuba titukozeewo kyintu kyona kyona okukyitangila.

Mu baana abali mwi'daala erisooka, elyo'kubiri ne'lyookusatu, kyangu inho okubona ebintu ebilungi ebikyuuse okumala akaseera, aye ghaliwo ebitundu ebindi ebye'mibiri gyaabwe ebisobola okuba bubi singa tuba titubayambye.

5

Kyiky ekyiyinza okuja obubi okumala akaseera

Leka tulingilire ekyo'kuboneraku ku kyetuyinza okuja obubi mu baana abalina obulemu obuva kubukosefu kubwongo okumala akaseera/ekiseera.

Ghanika ebifananhi



Singa olingilira ebifananhi bino, osobola okubona nti omwaana ono asobola okweemelera no'kulambala mukyifo ekyilungi. Emikonogye gyisobola okutambula/tiimikakanhavu era aboneka bulungi.



Kyi kyolowooza /kyemulowooza nti omwaana ono aidha kuboneka-mu mu myaaka eikumi?

Leka ekyibinja kyiremu kyimale kyikubaganhye ebi lowoozo/ebidubbo byaabwe.



EMBONEKA EYO'MWAANA BUTI:

Buti omwaana gwetuli kulingiliraku akali muto. Mu bifananhi bino, osobola okubonha nti omubiri gwe tigukaali mweemelevu era ne'bisambi bye bikyuuka kuluuyi lulala. Ebisambi bye bwebikyuuka, no'lugombolola lwoona lukyuuka era tasobola kabili kuba mweemelevu. Ghaire nga asobola okuteebwa mukyimotoka, osobola okubonha nti tasobola kutyaama nga mweemelevu/nga tiyeenfunhyeemu kubanga ebisambi bye no'lugombolola lwe bikyuuse. Singa olingilira ebivu bye ne'bigere, osobola okubonha nti takaasobola kweemelera.



Ghanika ebifananhi omale oyogeere kumboneka eyo'mwaana buti nga muto



Enkyuukakyuuka dino okumala akaseera/ekiseera dibaawo mangu ku baana abali mwi'daala elyo'kunha oba elyo'kutaanu, kubanga tibasobola kutambula beene. Engeri esinga kuba yaamugaso okutangila omwaana obutaba bubi nga mubifananhi ebyo, kubonha nti buli kiseera bali mukyifo ekyilungi era tibalekebwa kulambala kubulili kwonka. Idukira nti omwaana aidha kuba nga tiyeefunhaamu mubifo/kuluuyi lyebasinga okumalila ebiseera byaibwe. Singa bamala ebiseera byaibwe nga balaambaire kubulili nga ebigere bili luuyi lula, baidha kuba nga tibasobola kweefunhaamu/kweegodamu ku luuyi olwo era ebisambi no'lugombolola lwaabwe lwiidha kukuuka.

OBUBAKA OBUKULU

Abaana abalina obulemu obuva kubukosefu kubwongo basobola okukuuka/okukuusa mungeri enungi oba embi, okusenziira kungeri gyebabalabiliramu.

Abaana abalina obulemu obuva kubukosefu kubwongo baidha kuba nga tibeeffunhaamu mubifo/ku luuyi lweebasinga okumaliraku ebiseera byaibwe.

Tusobola okutangila obulemu obuva kubukosefu kubwongo obutaba bubi okumala akaseera/ekiseera.



EIDAALA ELYO'KUNHA OBA ELYO'KUTAA-NU:

Lino ne'idaala elyo'kutaanu elyo'mwaana atasobola kweefunhaamu/kweegodamu era ayeenda obuyambi obutaba bubi. Nga bwooli kubonha mama ghe akoze inho okubona nti taba bubi era akali mwaana aboneka bulungi era nga akali kuba mukakanhaavu waire. Era asobola okweemelera nebigere bye nga byeegoloile era mama ghe asobola okutambuza omubiri gwe mungeri yona yona omubiri gwe gyegusobola okutambula nga akaali muto. Ghaira nga ghazira nkyuuka yaamanhi, aligho no'bulamu obweeyagaza nga tawulira buluumi. Singa olingilira ekyifananhi ekyisooka, oidha kubonha nti ebigere bye bilambaliire kuluuyi lulala. Eno ne'ngeri gyetuboine eyo'mwaana omuto gyeyafananhamu nga akaali kuba bubi era omwaana ono yandibaire tiyefunhamu singa maama ghe tiyakola inho okukyitangila.

6

Ekyiyinza okuja obulungi okumala eki-seera / akaseera

Buti leka tulingilire ebyo'kubeneraku ebiyinza okuja obulungi ku baana abalina obulemu obuva kubukosefu kubwongo okumala akaseera/ekiseera.



Ghanika ebifananhi omale oyogeere ku idaala elyo'kunha oba elyo'kutaanu elyo'mwaana





EIDAALA ERISOOKA OKUTUUKA KULYO'KUSATU ELYO'MWAANA

Lino ne'idaala elyo'kusatu elyo'mwaana obulemu obuva kubukosefu kubwongo eswiika endala. Singa olingilira omubiri gwe ne'bigere bye nga akaali muto, tibifananha nga bweyaali asobola okweemelera no'kutambula ne'kyimuyambaku. Buti mwaana musanhufu nga bwe-tubonha mukyifananhi nga akaali muto.



Ghanika ebifananhi omale oyogeere ku idaala
erisooka okutuuka ku lyo'kusatu elyo'mwaana



OBUBAKA OBUKULU

Abaana basobola okukyuuka mungeri enhungi okumala ekiseera/akaseera.

Enkyuuka eno ntono mu baana abali mu idaala elyo'kunha oba elyo'kutaanu,
aye tusobola okubatangila obutaba bubi

Enkyuuka eno nhangu inho okugyibonha mu baana abali mu idaala erisooka
okutuuka ku lyo'kusatu, aye enkyuuka eno tesobola kubaagho nga titulabi-
liire mwaana mungeri eyamba mukiseera ekyo'lunaku.

7

Lwaakyi ekyifo ekyirungyi kyaamu-gaso

Tumala ekyiseera mulunaku nga tutambula, okugema, oba okubeeda abaana baife, aye ebiseera ebisinga mulunaku babimala mubifo ebyendhawulo. Engeri abaana abalina obulemu obuva kubukosefu kubwongo gyebabatyaaomyaamu/gyebabalambaazaamu skyaamugaso, okusingila ilala kubaana abali mumutendera ogwo'kuna nho'gwookutaanu, kubanga tibasobola kwe'tambuza/kutambula beene.

Singa omwaana alekebwa mukyifo kyilala okumala ekyiseera ekyinene/ekyighanvu, baidha kuba mumbeera mbi okusingagho nga bakosebwa ekyiseera bwekyigya nga kye'yongera. Leka two'gere kungeri gyetyuinza okutyaomya/okulambaaza abaana abalina obulemo obuvo kubusefu kubwongo mungeri ebayamba era nhe'batangira obutaba mumbeera esingaku okuba embi.

Taagho / ghanika ebifaanhani





LWAAKYI BISOBOLA OKUBEERA ABAANA ABALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO EKYIZIBU

Bwetuta omwaana alina obulemu obuva kubukosefu kubwongo ghansi okuwuumula, ebiseera ebisinga twiidha kubona nti ebigere biira luuyi lulala. Mubaana abandi, ebigere biira luuyi lulala ate mubaana abandi ekyigere kyilala kyiraku munda katono. Aye mubifaaanhan byona byona ebivu byaabaana bilingiliire munduyi dhandhawulo nhe'mibiri gyaabwe gyaalinga luuyi.

Okulambaala ooti kuleetera ebigugunu okukyuuka/okuva munhingo. Nibwekyiba nga omugulu mulala guli kukyuukamu katono, ekyigugunu kyiidha kuva munhingo/kukyuuka singa tuleka omwaana okulambaalira mukyifo kyino.

Ebivu bwebiba nga tibiringiriire luuyi lulala nhe'mubiri, ebigugunu bikyuuka, nhe'lugombololo lwoona lukyuuka, nhe'bigugunu byaafulumayo. Kyino bwekyimala okubaagho, omwaana aba mubulumu obwaamaanhi era titusobola kukyuusa ekyibairegho

Abaana bangyi abalina obulemu obuva kubukosefu kubwongo baboneka nga abaana abali mubifaanhani bino bwetubata ghansi okuwuumula



Kyiki kyo'yenda kungeri abaana gyebalabairemu?

Era kyi kyolowooza nti no'buzibu kungeri abaana gyebalabairemu?



Inhonola kyi kyi ekyizibu kungeri abaana bano gyebalambairemu



ENKULA EYE'NHINGO YEEKYIGUGUNU

Kyino nhe'kyifaanhani ekyilaga enhingo yeekyigugunu bweefaanana kumwaana azira obulemo obuva kubukosefu kubwongo. Obona nti eigumba elyeekyigugunu lilimu ekyituli ekyighanvu nga eigumba elyekyigere ligyaamu bulungyi. Engeri eigumba elye gyigugunu gye-lyaaakulam liyamba okukuumira eigumba elye'kyigere mukyifo ekyituufu. Abaana tibazaalibwa nga enhingo yeigumba elyeekyigugunu efaanana eeti. Omwaana bwaamala okuzaalibwa, eigumba elyeekyigugunu likula nga omwana akweetuka, ayemerera nho'kutambula. Okukweetuka nho'kutambula kwaamugaso inho kukyiina ekyiri mwiigumba elye'kyigugunu okubaamu ekyiina nga ekyo kyetubna mukyifaanhani.



ENHINGO EY'EIGUMBA ELYE'KYIGUGUNU MUBAANA ABALINA Obulemu obuva kubukosefu KUBWONGO

Kyino nhe'kyifaanhani ekyilaga enhingo yeekyigugunu bweefaanana kumwaana azira obulemo obuva kubukosefu kubwongo. Abaana abali mumutendera ogwo'kuna nho'gwo'kutaanu tibakweetuka oba okutambula era eningo yaibwe esigala nga nhimpi nhoolweekyo kyangu inho eigumba elyeekyigere okufulumayo oba okuva munhingo kubanga tilisuga munhingo bulungyi.

Abaana abalina obulemu obuva kubukosefu kubwongo nga basobola okutambula, nibwebaba nga beetaaga okuyambibwa, amagumba gaibwe age'kyigugunu nha'gebiger gaidha kuba nga gagemagana bulungyi era nga emikisa mitono inho nti eigumba lyeekyigere liida kufuluma. Aye kyaamugaso nti abaana bano beegezaamu okutambula era singa tibasobola kutambula kulwaibwe, memale tweetaaga okubayamba.

8

Lwaakyi era nangeri kyi ebigugunu gyebiyinza okuva munhingo/okukyuuka

Leka two'gere kulwaakyi ebigugunu byo'mwaana bisobola okuva munhingo/okukyuuka eibanga bwerigya nga lye'yongera.



Taagho ekyifaanhani era oinhonole ngeri kyi enhungo eye'kyigugunu gye'kulumu mumwaana

Enhingo ey'eigumba elye'kyigugunu



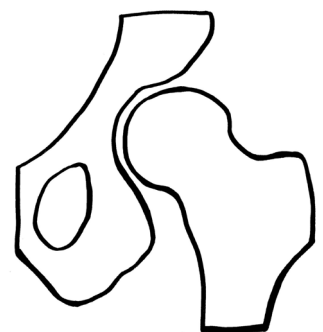
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Workshop 2 - CP as a Way of Life



Taagho/ghanika ekyifaanhani era oinhonole ngeri kyi enhungo ye'kyigugunu gye'kulumu mumwaana alina obulemu obuva kubukosefu kubwongo

Enhingo ey'eigumba elye'kyigugunu ku mwaana alina obulemu obuva kubukosefu kubwongo



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Workshop 2 - CP as a Way of Life

Abaana abali mumutendera ogwo'kuna nho'gwo'kutaanu balina emikisa mingyi inho eigumba lyaibwe elye'kyigugunu okuva munhingo/okukyuuka

Ekyizibu ekyisinga bukulu neigumba elye'kyigugunu okuva munhingo kyiri nti kyiruma inho era eigumba lye'kyigugunu bwerimala okufuluma, tilisobola kwiirayo. Kyino kyitegeeza nti omwaana alina eigumba elye'kyigugunu elyaavaayo aidha kusigala mubulumi era baidha kweetaaga okumira obulezi/eidagala erighegheeza kubulumi mubulamu bwaibwe bwona bwona. Tulikusomesa abazaire amawulire gano kubanga twenda okuziyiza abaana okuba mubulumi. Kubaana abandi titusobola kuziyiza kyino kubaagho kumutendera gwona gwona, aye tuyinza okukyiziya okubaagho bwebaba bakaali bato. Okubitira mungeri gyetulabiriramu abaana baife emisana, tusobola okubagha emyaaka mingyi egyiziramu kulumizibwa



OMULIMO:

- Saba omuntu akola kukyeyendere
- Kozesa omuntu alikukola kukyeyendere agezeemu engeri gyetughaniriramu omuglu gwo'mwaana ogwo'ghaigulu nga bal-ambaaliire kuluuyi
- Balage nti bwoota pilo oba bulangiti enzingeyaamu ghagati mum-agulu, tusobola okukuuma ebigugunu nhe'bive nga bitereevu.
- Singa titubaghanirira mugulu gwaaghaigulu, gusika ekyigugunu ekyisobola okuleetera ekyigugunu okufumayo/okuvaayo

9

Ebifo ebiyamba omwaana alina obulemu obuva kubukosefu kubwongo

Buli bwetuta omwaana alina obulemu obuva kubukosefu kubwongo ghansi okuwuumula, tweetaaga okukakasa nti ebivu bilingiliile ghalala nho'mubiri. Kyino tikyaamuso kyonka bwebaba balambailiire kumugongo gwaibwe, aye mukyifo kyona kyona kyebalambaalilamu. Omwaana bwaatendukira kuluuyi, tweetaaga okwiidukira okughanhirira omugulu gwaibwe ogwo'ghaigulu okubona nti tigusisakayo/tigunhuulamu igumba lyaakyigugunu.

You will need:



Nga bwetukozeisa epilog/bulangiti okughanhirira omugulu gwo'mwaana oguli ghaigulu, twenda okukozesa kyetulina awaka okugezaaku eratubakuumire mukyifo ekyirungyi. Tusobola okukozesa obupilo, etawulo enzingedaamu, bulangiti nhe'kyintu kyona kyona munumba ekyisobola okuyamba. Aye engeri gyetukyikolamu kumwaana omulala, tinengeri gyetukyikolamu kubaa-na abandi. Buli mwaana ghandhawulo era noolweekyo tweetaaga okubona ngeri kyi gyetubayambamu okusigala mukyifo ekyilala.

Leka tulinge kumagezi ago'kuyamba abaana abalina obulemu obuva kubukosefu kubwongo okusigala mukyifo ekyirungyi.

Taagho/ghanika ebifaanhani era oyogere kukyiky ekyikozeseibwa kubuli mwaana



Abaana bano bona bona balambaire mubifo ebyendhawulo era nga bupilo nhii bulangiti bikozeibwa mungeri edhendhawulo okughanirira abaana.



Lii lwetuta omwaana mukyifo nga alambaire?
Balambaala lunaku lwona lwona?
Balambaala mukyiseera nga batendwiike kyonka?

- Bwebaba nga batendwiike.
- Bwebaba nga balikuwuumula.
- Singa bagya kuzaanira mukyifo ekyo

Abaana abalina obulemu obuva kubukosefu kubwongo balina kulambaala ghansi nga balikuwuumula kwoonka, tikyiyamba mwaana kuba nga atyaime lunaku lwona lwona. Idhukira nti tukobye nti abaana abalina obulemu obu-va kubukosefu kubwongo baidha kulambala/kukakanhala mukyifo kyeba-naabalekamu okumala ekyiseera. Kale singa omwaana alambaala ekyiseera kyona kyona, omubiri gwiidha kulambala/kukakanhala era basigale muky-ifo ekyo. Singa omwaana abanga atyaime ekyiseera kyonakyona, omubiri gwaibwe gwiidha kulambala/kukakanhala era basigale mukyifo ekyo. Abaa-na abalina obulemo obuva kubukosefu kubwongo beetaaga okukozesa ebifo ebyendhawulo emisana nga abaana abandi.

Ebintu bino ebiyaaka byetusomye kubifo byo'kutyaamyamu/kulam-baazaamu omwaana tibyaamugaso bugaso kyonka nga omwaana alambaire, aye era byo'na byaamugaso nga omwaana atyaime nho'kweemerera. Singa ebivu biringa luuyi nho'mubiri gwaalinga luuyi nga omwaana atyaime oba nga ayemereire, kyona kyiidha kuleetera eigumba lye'kyigugunu okuva/oku-soghoka munhingo.

Kebera/buuza oba ghaligho ekyibuuzo kyona kyona.

OBUBAKA OBUKULU

Bwetuleka omwaana mukyifo, tweetaaga okukakasa nti ebivu biringiliire ghalala nho'mubiri.

Singa titubata mukyifo bulungyi, ebigugunu byaibwe biidha kunhuukamu nga ekyiseera kyibiseegho.

Singa baba balambaaliire kuluuyi, tweetaaga okubaghan-hirira omugulu oguli ghaigulu.

Kyino kyaamugaso kubifo byona byona, tiikumwaana nga alambaire ghansi kyonka

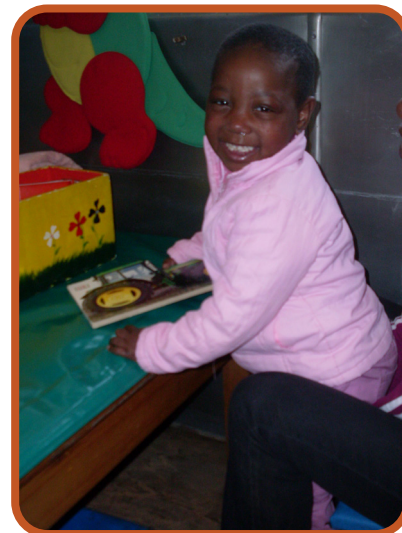
Leka tutegeere katono kukweemerera.



Ngeri kyi gyetusobola okuyamba omwaana alina obulemu obuva kubukosefu kubwongo okweemerera?

- Okughanhirira omwaana ghagati mumagulu gaife
- Okugema emikono gyo'mwaana
- Siira omwaana kukyimante oba kumubirigwo
- Tta omwaana mukantu akamuyamba kukweemerera.
- Ghanhirira omwaana nga agemye kumeeza oba kuntebe.

Taagho / ghanika ebifaanhani nga ekyibingya bwekyikoba buli magezi era okozese ebifaanhani okughaayo amagezi gona gona ekyibingya kyegatalowoizaaku.





OKWEEMERERA MUNGERI EYAMBA

- Kakasa anti ebigere byombi biri kwiitaka era nga bitereevu. Amagulu ticalina kwiira ghaigulu okubona nti ebigere tibiri kwiitaka.
- Kakasa nti omubiri gwo'mwaana mutereevu era nga tibalikugwa nga beekubira luuyi lulala.
- Kakasa nti ebigugunu byo'mwaana biringiliire mberi era nga ebivu nhe'bigere bitereevu era nga biringiliire luuyi lulala nho'mubiri.



Kyi kyemulowooza nti kyamugaso omwaana alina obulemu obuva kubukosefu kubwongo okweemelera?

- Okuduumula ebigere
- Ebigere okweega okufunha obuzito
- Okusobozesa ebigugunu okufunha amaanhi
- Okwongera entambula eyo'musaayi no'kusobozesa omutima okuba nga gulina amaanhi
- Okuyamba munda okusimuluka
- Okuyamba obutasessema.

Nga ebifo ebindi, bwetuyamba omwaana alina obulemu obuva kubukosefu kubwongo okweemelera, twenda okukakasa nti beemelera mungeri eyo'mugaso/enhungi era nga tikyibaleetera buzibu okumala akaseera/ekiseera.



Kyi kyo'lowooza / kyemulowooza nti tweekakasa nti omwaana ali kweemelera mungeri eyo'mugaso/enhungi?

Leka ekibingya kyiiremu kyimale kyikubaganhye ebiduubo byaibwe.



Ghanika ebifananhi nga bwooionola engeri gyetukakasa nti omwaana ali kweemelera mungeri eyo'mugaso / enhungi





Li lwemulowooza nti okweemelera kiyinza okuba ekyo'bulabe/ekyo'buzibu eri omwaana?

- Singa omwaana aba nenkoto eyeegheneka oba omutwe nga muzito nga tibasobola kubyemeleza.
- Singa ebigere byo'mwaana tibyeemelera bulungi kwi'taka/ghansi
- Singa omwaana alira oba baboneka nga bakoowu bwebaba beemeleeire.

Kebera/wetegereze oba ghaliwo ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Ghaliwo engeri edendhawulo nhingyi detusobola okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okweemelera.

Kyaamugaso abaana abalina obulemu obuva kubukosefu kubwongo okweemelera, ghaire nga baba bali kweemelera mungeri eyo'mugaso/enhungi.

Otayemereeza mwaana singa kyimuviraku obulumu bungyi.



OKULABILIRA OMWAANA ALINA OB- ULEMU OBUVA KUBUKOSEFU KUBWONGO

Bino ghamanga nikudimu kunsonga edookwiidukira nga tulabilira omwaana alina obulemu obuva kubukosefu kubwongo:

1. Tambuza omwaana mpola era mubaaghe ebiseera. Abaana abalina obulemu obuva kubukosefu kubwongo beenda okutambuzibwa mpola. Singa tubatambuza mangu inho, baidha kuba nga tibasobola kweefunhaamu era bafunhe obuzibu bungyi mukutambula. Omwaana bwaaba mwiikaikamu, tulina okubatambuza mpola inho basoboole okukuma emibiri gyaabwe nga migoonvu. Singa baaba nga tibasobola kweefunhamu, tulina okulekera'agho okubatambuza era tubaaghe ebiseera okuwuumula kabiili.
2. Otaakaka mubiri gwa'mwaana kutambula. Okutambuza emikono egyo'mwaana, ebigere no'mubiri kyili no'kuba kyangu, tutaakaka mubiri gwa'mwaana okutambula mungeri gyegutasobola. Ekyiseera kyona kyona kyetukaaka omubiri okutambula, kiidha kuba kyaabulumu eri omwaana era nga titweenda kuleeta bulumi
3. Kobera omwaana kyooli kukola. Singa tutandiika kutambuza mwana nga tukaali kwoogera nabo, tibaidhi kyooli kukola era bayinza okuba abeelarikirivu ku kyiligho. Kyino kiidha kubaleetera obuteefunhaamu mu mibiri gyaabwe no'buzibu bungyi inho mukutambula.

Buti twiidhi engeri enhungi eyo'kutaamu / okukuuma abaana abalina obulemuobuva kubukosefu kubwongo, leka tweege kungeri edoomugaso okulabilira omwaana alina obulemu obuva kubukosefu kubwongo

Buli lunaku, eliyo ebiseera byetutambula, byetugeema oba okutambula no'mwaana. Bwetukola ebintu bino, ghaliwo engeri detusobola okubakola nga disobola okuviraaku omwaana obubi era eliyo engeri detusobola okubakola nga disobola okuba daamugaso eri omwaana.



Ghanika ekyifananhi omale oinonole ensonga

**Okulabilira omwaana alina obulemu
obuva kubukosefu kubwongo**

- Tambuza omwaana mpola mpola omale obaaghe ebiseera.
- Otta kaaka mubiri gwa'mwaana kutambula
- Kobera omwaana kyooli kukola

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Workshop 2 - CP as a Way of Life

Okulabilira omwaana alina obulemu obuva kubukosefu kubwongo kiyinza okuba kizibu kubanga tibasobola kweefunhaamu oba beesindiika era tweendha okweega engeri eyo'kulabilira omwaana alina obulemu obuva kubukosefu kubwongo mungeri eyinza okutangila omwaana obutaba bubi.

Abaana abandi tibasobola kweefunhaamu ekiseera kyona kyona nga abaana abalina emisiwa/emiziisa gyaabwe mu mikono nimu bigere nga gyiba gyeeleze ekiseera kyona kyona era abaana abandi beesindiika oba batambula inho nga abaana abali kutambula ekiseera kyona kyona. Engeri gyetulabiramu omwaana ateefunhaamu eyawukanha kungeri gyetulabilira omwaana ayeesindiika oba atambula inho.



OKUTAMBULA NO'KWEKYUUSA

Kudimu kungeri edoomugaso okuwuumuza omwaana atasobola kweefunhaamu kya kubatambuza no'kubakyuusa. Abaana abatasobola kweefunhaamu balina obuzibu mukutambula no'lwensonga eyo tweendha okubayamba okutambula mungeri debatasobola. Abaana abalina obukosefu/obulemo obwa'maanhi tibasobola kutambuza mibiri gyaabwe mungeri dona dona abaana abandi debasobola, kubanga tibasobola. Abaana abalina obukosefu/obulemo nga butono tibasobola kutambuza mibiri gyaabwe mungeri dona dona abaana abandi debasobola, kubanga kyibabeela kyizibu. Singa omwaana aba nga alina obukosefu/obulemo butono, tubakubiriiza okutambuza emibiri gyaabwe ghaire nga kyiba kyizibu.

Okukyuusa omubiri gwo'mwaana okuva kuluuyi okuja ku lundi kyoona kyaamugaso nga kudimu kungeri nti abaana abandi batambula. Era nkyiiramu nti singa omwaana aba alina obukosefu/obulemo bwa'maanhi inho, tulina okukyibaakolera, aye singa omwaana aba nga alina obukosefu/obulemo butono, tuyinza okubiriiza omwaana okukiyikola mweene.

Singa omwaana aba tasobola kweefunhaamu, tweenda okuwuumuza emibiri gyaabwe.



Kyi kyo'lowooza/kyemulowooza kyetusobola okukola okuwuumuza omwaana atasobola kweefunhaamu?

Leka ekyibinja kyiiremu kyimale kyikubaganhye ebiduubo byaabwe



Ghanika ebifananhi omale oinonole engeri eyo'kutambula no'kukyuusa/okukyuuka kusobola okuwuumuza omwaana atasobola kweefunhaamu





OKUGONZA OMUBIRI NO'KUGUGOLOLA

Engeri eyindi eyo'mugaso okuwuumuza omwaana atasobola kweefunhaamu yaakugonza mubiri (okukola masaagyi) no'kubaagolola. Singa abaana abatasobola kweefunhaamu tibatambula inho, emisigha/emiziisa gyaabwe gyiyinza okweeleega era gyiyinza okuba miimpi. Tuyinza okubayamba emisigha/emiziisa gyaabwe gyaaba migonvu nga tukozeza masaagyi (okubagonza omubiri) no'kubagolola.



Ghanika ebifananhi omale oinonole engeri masaagyi (okugonza omubiri) no'kugugolola gyekyiwuumuzaamu omwaana atasobola kweefunhaamu.



Okugoonza omubiri



Okugoonza omubiri



Okweedumuula



Okweedumuula

Kebera/wetegereze oba ghaliwo ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Singa omwaana aba nga tasobola kweefunhaamu, tweendha tuwuumuze emibiri gyaabwe.

Okutambula, okweekyuusa, masaagyi (okugonza omubiri) no'kugolola omubiri dona dona ngeri detukozesa okuwuumuza omubiri ogwo'mwaana.

Singa ghabaawo engeri edindi nti omwaana asobola okutambula mweene, twendha okubakubiriza okukyikola.



OMULIMO

- Kola omulimo nga muli babiri babiri
- Omuntu owundi nga naalabilira no'wundi nga mwaana
- Omwaana atyaama kuntebe yaamala yeesindiika. Alabilira alina okuta omukono gwe einhuma gho'mwaana era obaloobebe ok-weesindiika nighe okubasindiika.
- Era saba alabilira alekeere agho okusindiika.

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Okulabilira omwaana ayeesindiika oba atambula inho

Singa omwaana aba nga ali kweesindiika oba nga ali kutambula inho, tweendha okwiikaikanhya omubiri no'kuyamba omwaana okuba mugonvu era ghaliwo engeri edimu edoomugaso okukola kyino.



Kyiki ekyibaawo singa osindiika omuntu alikusindiika einhuma?

- Basigala nga basindiika.
- Emibiri gyaabwe gyiba tigyeefunhaamu.



Kyiki ekyibaawo singa olekeera agho okusindiika omuntu alikusindii-ka einhuma?

- Balekeera agho okusindiika baawuumula.

Ekyintu kyeene ekyo kyibaawo ku baana abeesindiika. Singa tubasindiika nga tibeenze, baidha kusigala nga beesindiika einhuma, aye bwetulekeera agho okusindiika, baalekeera okweesindika baawuumula.



OTALWAANHISA MWAANA

Abaana abeesindiika bazibu einho baakukuuma. Singa beesindii-ka, kytweetagisa okubaikiriiza okuja einhuma nga titubaikiriiza kugwa, era bwebaba balekeire okusindiika tuyinza okubaleeta mubifo byaibwe byeebaalimu. Tikyiyamba okusindiika einhuma gho'mwaana kuba kiidha kuleetera omwaana atasobola kweefunhaamu. Singa tubaikiriiza okuja einhuma, baba nga baawuumwiire era bangu inho okubayiza nga webaali.

Buti ensonga esooka gyetusobola okuyamba omwaana okuba nga mugonvu yaabutalwaanhiswa mwaana



Ghanika ebifananhi buli layini omale oinonole kyetutegeeza bwetukoba nti: "otalwaa"nhisa mwaana





GHAGIRA / YAAMBA OMUBIRI

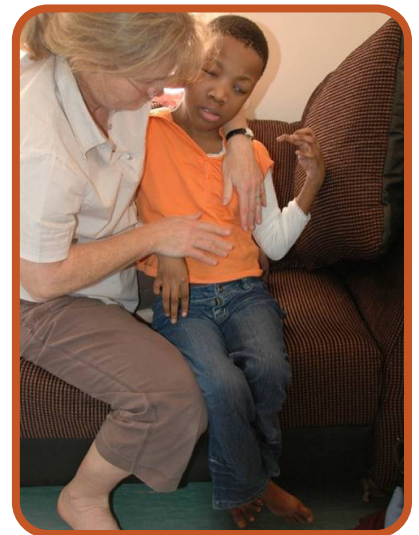
Singa tugeema omwaana ayeesindiika einhuma no'kutambula einho, tweendha buliidho okugeema emikono gyaabwe kubanga kyino ne'kitundu ekitambula einho. Aye kyino tikyifuula mwaana kuwulira nti ali bulungyi kubanga emibiri gyaabwe gyiba gyikaatambula era gysisobola okugwa. Bwebaba tibawulira bulungyi, tibaidha kuba baikaaikamu no'kuba omugonvu.

Singa tuyambaku omwaana ku mibiri gyaabwe, emibiri gyaabwe gyiba mukyifo kilala, ekyitegeeza nti tibasobola kugwa era baidha kuba nga bawuulira bulungyi. Singa bawuulira bulungyi, kiidha kubabee-la kyangu einho okuba abaikaikaamu ne'mibiri gyaabwe ne'mikono gyaabwe giidha kuba migonvu inho.

Abaana abeesindiika einhuma naabatambula inho tibaawulira bulungyi bu-liidho kubanga tibavunanhizibwa ku mibiri gyaabwe okubayanga okuwulira ekyifo.



Ghanika ebifanhanhi omale oinonole engeri eyo'kuyambamu omubiri gwo'mwaana singa baba beesindiika oba batambula inho.





OKULABILIRA OMWAANA AYEESINDIIKA OBA ATAMBULA INHO

Dhino ghaamanga nikudimu kunsonga edoomugaso okwiidukira nga olabilira omwaana ayeesindiika oba atambula inho:

1. Sigala mukyifo kyilala.

Omwaana okuwulira obulungyi no'kulabilira emibiri gyaabwe, tweendha okukakasa nti tusigala mukyifo kyilala. Singa tutambulamu bwetukyuusa ebifo, omwaana taidha kuwulira bulungyi no'kusigala nga mugonvu.

2. Tambula katono

Singa tutambuza inho omwaana ayeesindiika, baidha kuba nga ti-basobola kweefunhaamu. Tweendha tutambuze omwaana mungeri ntono, basobole okuwulira obulungyi.

3. Yogeera nga oli mwiikaikaamu.

Bwetwoogeera nga tuli basaanhufu, omwaana aidha kuba musanhufu era nga tasobola kulabilira mubiri gwe. Tulina okwoogera mu malo-boozi amaikaakamu basobole okutughulira bulungyi, aye otakyisanhukira.

4. Tambuza omwaana mpola mpola omale omughe ebiseera.

Singa tuuwa omwaana ebiseera yaatambula mpola mpola buli ghetuuba nga tumuugemyeeku, omwaana aidha kuwuulira nga mutebenkevu era kiidha kubabeera kyangyu okuwuumula.



Ghanika ekyifananhi omale oinonole ensonga

Okulabilira omwaana ayeesindiika oba atambula inho:

- Sigala mukyifo kyilala.
- Tambula katono
- Yogeera nga oli mwiikaikaamu.
- Tambuza omwaana mpola mpola. omale omughe ebiseera.

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Workshop 2 - CP as a Way of Life

Twoogeire kungeri debasobola okugema oba okutambuza abaana abalina obulemu obuva kubukosefu kubwongo nga daamugaso gyebali, aye bino tikukola bisaizi/doilo detukoola mukiseera ekyigere buli lunaku. Ne'ngeri eyo'bulamu era ne'kyintu kyetusobola okukozesa buli ghetuba nga tuli kutambula, okugema no'kubeedha abaana baife.

Ekyo'kuboneraku, kiidha kuba kyangu inho okwaambaza omwaana atasobola kweefunhaamu singa tuba tumukyuusiisa no'kugonza omubiri nga tukaali kubaambaza. Kiidha kuba kyangu inho okwaambaza omwaana ayeesindiika singa tubayambaku okuikaikanhya emibiri gyaabwe era baatambula mpola mpola.

Kebera/wetegereze oba ghaliwo ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Singa omwaana yeesindiika einhuma oba ataambula inho, tweendha okuyikaikanhya emibiri gyaabwe okubayambaku okuba nga migonvu

Tutalwaanhiswa mwaana singa baba beesindiika einhuma

Tughagire/tuyaambe omubiri okubonha nti omwaana owulira bulungyi

14

Ebintu byeeetukola buli lunaku

You will need:



Nhenda olowooze ku lunaku olwo'mwaanawo. Bintu kyi ebyo byona byona byookola no'mwaanawo olunaku?

Ghandiika buli kyiduubo/kyilowoozo kya'muntu





OKWAAMBAZA OMWAANA NGA ATYAAIME

Okwaambazaa omwaana kiyinza okuba muzaanho gwa'masanhu eri omwaana. Singa omwaana aba nga alaambaire ghansi okumwaambaza, tibabonha ekyili kukolebwa era tibasobola kuyamba. Okubayamba okubatyaamisa, basobola okubonha emibiri gyabwe, okutambula no'kuyamba nighekyiba nga ghaire katono konka.

- 1 - 3** Nga tukaali kutoolamu mwaana lugooye, tusobola okutekateeka omwaana nga akola okutambulatambulamu okugeeza nga okusitula emikono, okukyuusa omubiri no'kuja mumaiso/emberi
- 4 - 6** Era bwetuba tuli kutoolamu engoye, tuyamba omwaana okukozesa engalo daibwe okutoolamu engoye.

Tusobola okukubiriza omwaana bwebaba nga basobola okuyambaku akatono era kyino kiyiyamba okufuula okwaambala ekya'masanhu eri omwaana. Lingilira engeri enhungi maama gyaali kuyambamu omwaana ono yaamufuula okuba awulira bulungyi nga amuyamba okumutoolamu/okumwaambula.

Leka twoogere ku mulimo mulala kweedho dhetukola buli lunaku no'mwaa-na. Leka twoogere ku kwaambala.



Kyifo kyi kyo'yambakizaamu omwaanawo? Obaambaza nga balaambaire ghansi oba obayambaku okutyaama?



Ghanika ebifananhi kyilala ku kyilala omale oinonole lwaaki kyaamugaso omwaana okutyaama nga babaambaza.



7

Kyaamugaso okukubiriza omwaana bwebaba nga basobola okuyambaku akatono era kyino kiyamba okufuula okwaambala ekya'masanhu eri omwaana.

8 - 9

Ghaire nga kutoolamu sitokisi na'kapale ako'munda, omwaana asobola okuyamba. Lingilira engeri enhungi maama gyaali kuyambamu omwaana ono yaamufuula okuba awulira bulungyi nga amuyamba okumutoolamu/okumwaambula.



?

**Kyikyii kyo'lowooza ku kwaambaza nho'kwaambula omwaana en-
goye nga bwekyili mubifananhi bino?
Oyenda engeri enho eyo'kwaambala?
Olowooza enho nhe'ngeri yo'yinza okwambazaamu omwaanawo nga
muli ghaka?**

Leka ekyibinja kyiremu kyimale kyikubaganhye ebiduubo/ebilowoozo
byaibwe

OBUBAKA OBUKULU

**Okulaambala ghansi kwa kuwuumula, okutenduuka no'kuzaanha tib-
yaakwaambala**

**Okwaambala kusobola okuba ekya'lasanhu era kyaasanhusa om-
waana singa tubaambaza no'kubaambulamu nga batyeime**

**Kyaamugaso okwiidukira nti byeetusomye kungeri eyo'kugemamu
no'kutambuza abaana baife nga tuli kukola emirimo egya buli lunaku.**

**Nga iffe abazaire, tusobola okukola emirimo gyona gyona gyetukola
no'mwaana nga daamasanhu era nga gyibasanhusa mungeri gye-
tubagemamu no'kubatambuza.**



Buti omusomo gutuuse kunkomelero, eliyo omuntu yena yena alina ekyibuuzo kyona kyona nga tukaali kwiigalawo?



Nga tumaze okusoma ku ndwaire eleeta obukosefu/obulemo ku bwongo nga kyintu kya bulamu bwona bwona, kyiky kyooja okukola ekye'ndhawulo nga ogyire eghaka?

Mubite mukatabo ako'muzaire nhe'kyibingya era okebere/obuuze oba ghaligho ekibuuzo kyona kyona ekyigema kukatabo.

Ighalagho omusomo era okakase nti buli muntu awulira nga ebibuuzo byaibwe biriibwaamu.

3

Okutandiika oku- kola

Okuteeka teeka omubiri gwo'mwaana
wange okukyuuka okubita mulunaku.

Ebikozesebwa

Kulwo'musomo guno ighe/imwe mwiidha kwenda/kweetaaga



Ebizigo byo'mubiri



Tawulo



Benkyi

1

Tusangaire/okwaaniriza

Sangaaza buli muntu mukyibingya era okase nti batebenkevu nga okaali kutandiika



?

Nga tukaali kutandiika musomo guno, kyintu kyi kyemwidhukira okuva mumusomo gweghasembayo okubaamu

2 Ebiviiremu

Taagho/ghanika ebiviireemu era obibitemu nhe'kyibingya

Workshop 3 - Ebinavaamu

- Ngeri kyi gyetukolamu omubiri okweetegekeram okutambula nho'kuzaanha okusinziira kukiika obulemu obuva kubukosefu kubwongo kyaalina/kyebalina
- Engeri eyo'kutyaamisa omwaana mungeri enungyi okusinziira ku kyiika ekyo'bulemu obuva ku bukosefu kubwongo.
- Ngeri kyi gyetukozesaamu amagezi gano mumizaano gyetukola buli lunaku.

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Workshop 3 - Getting active

Mumusomo ogwo'kubiri twaasoma nti twenda okutegeera omubiri gwo'mwaana ghaife, kyi kyi omubiri gwo'mwaana kyegukola ekyiseera kyona kyona.

Mumusomo gwaaleero, tulikugya kusoma/kweega ngeri kyi gyetuyambamu omubiri gwo'mwaana okweeteekateeka okutambula. Nga bwoobona abasambi bo'mupiira bwebakola okusuuya emibiri gyaibwe nga omupiira gukaali kutandiika, nengeri gyetulina okusuuyaamu omubiri gwo'mwaana.

Era tugya kusoma/kweega ngeri kyi taamu abaana baife mungeri edhiyamba okusinziira kukiikula kyo'bulemo/obukosefu omwaana bwaalina nha kyi kyi omubiri kyegukola buli kyiseera.

Okutegeera abaana baife bulungyi era nhangeri kyi gyetuyamba emibiri gyaibwe okutwanguyira okugemagana nabo nho'kufuula embeera gyetughangalamu bulidho okwangugha.

Bino nhe'bintu byetugya okwo'geraku olwaaleero:

- Ngeri kyi gyetukolamu omubiri okweetegekeram okutambula nho'kuzaanha okusinziira kukiika obulemu obuva kubukosefu kubwongo kyaalina/kyebalina
- Engeri eyo'kutyaamisa omwaana mungeri enungyi okusinziira ku kyiika ekyo'bulemu obuva ku bukosefu kubwoongo.
- Ngeri kyi gyetukozesaamu amagezi gano mumizaano gyetukola buli lunaku.

3

Okutegeera omubiri gwo'mwaana ghange

Buli mwaana alina obulemu obuva kubukosefu kubwongo wandhawulo. Singa twenda kuyamba omwaana okukola ebintu mweene nga era twenda okyitwanguyikiza okukolela omwaana ebintu byetukola buli lunaku, twenda/tulina okutegeera emibiri gya'baana, nha kyi kyi emibiri gya'baana kyegyikola ekyiseera kyona kyona.

- Omubiri gwo'mwaana buli kyiseera guba mukakanavu?
- Omubiri gwo'mwaana ebiseera ebindi mudembe dembe era ebiseera ebindi guba gwaalekula emiziisa oba ebiseera ebindi akakanhala nga alalambala?
- Omubiri gwo'mwaana buli kyiseera gutambula inho era nga buli kyiseera gubona nga mukyankalanu?
- Omwaana buli kyiseera akozesa luuyi lulala lwonka olwo'mubiri gwe?
- Amagulu go'mwaana gaba makalangufu inho era nga mazibu inho okukozesa okusinga emikono gye?

4

Entyaamy edhisobozesa okuba omukalaba kalaba

Mumusomo ogwo'kubiri twa yega/twasoma kungeri gyetutyaamyamu / gyetulambaazaamu abaana baife obulungyi nga bagya kusigala mukyifo ekyo okumala ekaseera



Osobola okwiidhukira amateeka ago'kukakasa nti omwaana alikuwuumulira mukyifo ekyirungyi?

- Ebivu biteekwa kulingilira mukyifo kyilala nhenda



Ate abaana bwebaba nga bali kukola era nga balikutambula?

Abaana bwebaba nga balimu amaanhi, ebifo ebindi bisobola okuba nga biyamba okukyibafuulira ekyangu okukola ebintu, atenga ebifo ebindi bikyifuula kyizibu inho.

Ekyo'kuboneraku: singa omwaana alikukuba ekyifaanhani kulupapula aye nga alambaaliire kumugongogwe, kyigyakuba kyizibu inho. Singa omwaana atyaama kuntebe oba kumeeza, kyigyakumubeera kyangu okukuba ekyifaanhani.

Nhe'kyilalabnha'baana abalina obulemu obuva kubukosefu kubwongo. Kyisinziira kungeri kyi abalina obulemu obuva kubukosefu kubwongo gye'kosaamu emibiri gyaibwe, ebifo ebindi bikyifuula kyangu kubo okuzaana era nho'kuba nhaamaanhi, aye kubanga abaana abalina obulemu obuva kubukosefu kubwongo bona bona bandhawulo, ekyikolera omwaana owundi kiyinza obutakolera mwaana wundi.

Buti tulikugya kulinga kungeri gyetuyambamu abaana abakakanavu



OMULIMO

- Saba omuntu okukola/akole kye'yendere nga tasasulwa.
- Kozesa alikukola ekye'yendere okugezesa ngeri kyi gyebakandamu omubiri gwo'mwaana.
- Tandiika nho'mubiri
- Memale oizeeku emikono nhengalo
- Memale oizeeku amagulu dhe'bigere

5

Abaana abakakanavu

Idhukira twaakobye mumusomo ogwo'kubiri singa abaana baba bakakanavu, twenda okuba nga tubagonza emibiri gyaibwe



Osobola okwiidhukira ebintu ebina byetusobola okukola okuyamba omwaana omukakanavu okugonza omubirigwe

- Kyuusa
- Tambuza
- Kanda
- Dhuumuula

Leka tutandike nho'kukanda omubiri. Okukanda omubiri ngeri ya'kuyambamu emiziisa egyikakanaire okugonda. Singa kyisoboka, omwaana alina okuba nga asobola okukanda emikonogye nhe'bigerebye ebikakanavu. Bwebaba nga tibasobola okukyikola, memale ighe obayambe.

Idhukira, tukanda singa omubiri gwo'mwaana guba mukakanavu. Tukanda ebyo ebifo/ebitundu ebyo'mubiri ebikakanaire.

You will need:



Taagho/ghanika ebifaanhani okulaga era oinhonole ebyo'kubonera-
ku ebyo'kukanda omubiri.





OMULIMO:

- Saba ekyibingya kyityaame kuntebe dhaibwe nga emigongo gyaibwe gilingiliire kukyimante/kukyisenge.
- Memale obasabe/obakobe okugezaaku okugema kukyimante/kukyisenge ekyibali einhuma.
- Buli muntu bwaaba nga amaze okukyigezaaku, buti bakobe/basabe bagezeeku okugema kukyimante/kyisenge aye nga amagulu gaibwe tibagatambuiza.

6

Moving, twisting and stretching

Okusobola okutambula, kyuusa era odhuumuule omwaana, ekyitundu ekyisooka ekyo'mubiri gwo'mwaana kyiteekwa kuba nga kyighanhiriirwa era tikyitambula ayenga ekyitundu ekyindi kytambuzibwa



Owuliire otya?

Owuliire omubirigwo bwegweedhuumuire okusingaku bwo'lese amagulugho nga tigavamukyifo/tigatambula

Taagho/ghanika ebifaanhani okulaga ngeri kyi eyo'kukyuusaamu omwaana





OMULIMO

- Gabanhiaamu/yawulamu abantu mubibingya bisatu
- Ekyibingya ekyisooka kyiteekwa kulowooza kumwaana alina ebigere ebikakanavu era balage abandi ngeri kyi gyebandidhuumuire amagulu gho'mwaana nga (i) atendwiike (ii) atyaime (iii) ayemereire.
- Ekyibingya okyo'kubiri kyiteekwa okulowooza kumwaana alina emikono emikakanavu oba omukono mulala omukakanavu era olage abantu abandi ngeri kyi gyebandidhuumuiremu emikono nhengalo dho'mwaana nga (i) alambaire, (ii) atyaime (iii) ayemereire.
- Ekyibingya ekyo'kusatu kyiteekwa kulowooza kumwaana alina omubiri omukakanavu era olage abantu abandi engeri gyebandidhuumuiremu omubiri gwo'mwaana gwona gwona nga (i) alambaire, (ii) atyaime (iii) ayemereire.
- Gha buli kyibingya edhaakika ntono okukubanhia ebiwoozo/ebidhuubo nga bakaali kulaga bantu bandi



AMAGEZI AGO'KUDHUUMUULA AMAGULU AMAKAKANAVU

- Omwaana asobola okukozesa etawulo okusika omubirigwe nga agwiiza eri ebigerebye nga amagulughe agalese nga matereevu
- Okudhuumuula okwekyika kyino kusobola okukozesebwa kumwaana alina emikono emikakanavu mukudhuumuula emikonogy gyombi omulundi mulala/mukyiseera kyialala

Leka tulowooze kumagezi kungeri kyi gyetuyinza okuyamba omwaanagho okwe'dhuumuula, okukyuuka, nho'kutambula.



Taagho/ghanika ebifaanhani okulaga amagezi agasingagho era oinhonole kyi kyi ekyirikugya mumaiso/ekyirikukolebwa buli mukyifaanhani.





AMAGEZI AGO'KUDHUUMUULA AMAGULU AGAKAKANAIRE

- Omwaana asobola okutenduka kyaabugazi kwiitaka nga alambaliire kundha era odhuumuule buli mugulu nga ogwwiza einhuma okutuusa ghasobola.
- Omwaana asobola okulambaalila kumugongo nga ekyigerekye kyiri kubokesi. Amaanhi agasika ekyintu okwiira kwiitaka gaidha kumuyamba nga asika ebivubye okwiira ghansi okutereeza amagulughe.
- Omwaana asobola okulambalira ku mugoongo nga ataaire ebigere kukyimante
- Abaana babiri basobola okuzaana nga bata ebigere byaibwe ghalala era baatereeza amagulu gaibwe. Asooka asobola okutereeza amagulughe nga owundi yaafunhamu amagulughe, oba buli mwaana asobola okugolola omugulu mulala era yaafunaomugulu ogundi memale yaakyuusa endhuyi
- Abaana basobola okwe'merera memale baagotama/baakotama okugema kubunhwe amagulu gaibwe matereevu.
- Abaana basobola okufukamira kubunhwe nhikubivu memale baasitula akabina kaibwe nga bagezaaku okusindika obukongoivule bwaibwe kwiitaka





AMAGEZI AGO'KUDHUUMUULA EMIKONO EMIKAKANAVU

- Omwaana asobola okukozesa omukono mulala okudhuumuula ogundi nga agwiiza emberi
- Omwaana asobola okunhweeza emikonogy e ghalala era yaad-huumuula emikonogy e nga agyibisa ghaigulu kumeeza.
- Omwaana asobola okughanika emikono gyombi ghaigulu okusii-ka omutwe'gwe.
- Omwaana asobola okughanika emikonogy e ghaigulu nga gyiri kukyimante/kukyisenge
- Omwaana asobola okulambaalira kumukono nga mutereevu oba nga alikumeeza oba kwiitaka.
- Omwaana asobola okuta omukonogwe ogukakanaire kuky-ivuukye memale yaagusindika ghansi nho'mukono ogundi
- Omwaana asobola okutyaama kumikonogy e, nga enhingo dho'munkookola tidheefunhie
- Omwaana asobola okuwuumuza omutweegwe kumikonogy e





AMAGEZI AGO'KUDHUUMULA, OKUTAMBULA NHO'KUKYUUSA OMUBIRI GWONA GWONA

Amagezi gayamba kubaana abasobola okutambula (nga omutendera ogusooka, ogwo'kubiri nho'gwookusatu)

- Omwaana asobola okulambaalira kundhaaye era yaalinga ghaigulu nga alingiliire ekyintu
- Abaana basobola okutyaama ghansi kwiitaka nga ebigere byaibwe biri ghalala nha'magulu gaibwe matereevu, nga balikwe'ghedagana omupiira oba baluuni. bwebatuuka emberu, badhuumuula emugongo ghaibwe
- Abaana basobola okutyaama nga bakubagaine emigongo era bagheerezagania omupiira /baaluuni.
- Abaana basobola okutyaamira kuluuyi lulala nga bazaanhisira omupiira
- Abaana basobola okweefunhamu kubivu byaibwe era baadhuumuula emikono gyaibwe
- Bwebaba batyaime kukafoomu nga bazinze emikono gyaibwe, abaana basobola okukyuusa era baatambuza amagulu gaibwe okuva kuluuyi lulala olwaakafoomu okwiira kuluuyi olundi.





**Osobola kukozeza otya amagezi gano ago'kudhumuula, okukyuusa
nho'kutambula mumirimo egyikolebwa buli lunanku nga okwambala,
okwambula nho'kunaaba?**

Leka ekyibingya kyigheedhagane amagezi memale oteegho/oghanike
ebifaanhani era mukubaganhie ebidhuubo kukyiky ekyiri kukolebwa
buli mukyifaanhani



Kebera/buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Singa omubiri gwo'mwaana guba mukakanavu, twenda tugufuule mugonvu

Tusobola okugonza omubiri gwo'mwaana nga tukanda, tukyuusa, tutambuza nho'kudhumuula

Tukanda singa omubiri gwo'mwaana guba mukakavu. Tukanda ebyo ebifo byonka ebyo'mubiri ebikakanaire.

Singa kysisoboka, omwaana yandibaire asobola okwe'kanda emikonogyaabwe nhe'magulu gaibwe agakakanaire. Balina boona okukyuusa, okudhumuula nho'kutambuza emibiri gyaibwe bwebaba basobola. Bwebaba tibasobola kukyikola, memale olina okubayamba.

Tusobola okuyamba omwaana okutambula, okukyuusa nho'kwedhumuula nga tulikukola emirimo egyo'bulilunaku nga okwambala, okwambula nho'kunaaba



OKULAMBAAZA OMWAANA KUNDHA'YE:

Okulambaaza omwaana kundha'ye kyifo kyimuyamba kubanga okudhumuula mumbali mwaakabina kaibwe omwaana bwaatuuka, kyimuyamba okudhumuula mumbali mwo'mubiri gwaibwe.

Omwaana bwaaba nga alambaaliire kumabundaghe, muyambe awuumulire kunkookola. Memale omuyambe okweesira kulukookola era akozese omukono ogundi okutoola ebyo'kuzaanhisa.kola kyino kunduyi dhombi.



OKUTYAAMA OKUGHAANHIRIZA NHO'KUKYUUKA

Leka omwaana atyaame kukafoomu oba ekuleeti nga omutyaima inhuma. Memale omuyambe okughaanhiriza azaane. Omwaana asobola okughaanhiriza ghaigulu, emberi era yaakyuuka mumbali nga ekyitundukye ekyo'ghansi tikyiri kutambula, nga twena twena bwetukoze gyebuviireku einhuma.

Singa omwaana asobola okukyikola kululwe yenka, twenda okumukubiriza okukyuka era aghaanhirize

7

Ebifo ebiyamba kubaana abakanala

Leka tulinge kubifo ebimu ebiyamba omwaana akakanaire



Taagho/ghanika ebifaanhani era oinhonole lwaakiy kiyamba omwaana akakanaire okulambaalira kumabundhaghe/kundha'ye?



Taagho/ghanika ebifaanhani era oinhonole lwaakiy kiyamba omwaana akakanaire okughaaniriza era yeekyuusa nga atyaime.





OKWE'MERERA OKUGHAANHIRIZA NHO'KUKYUUKA

Omwaana asobola okwe'merera mukantu kebeegeraku okwe'merera oba ghagati gha'magulugho nga emeeza erimberi/mumaiso. Omulundi ogundi ghanhirira omubiri gwo'mwaana nga tigutambula, nga omwaana bwaaghaanhiriza nhe'mikonogyo okuva kumubiri era yaakozesa emikonogyo okutuuka kubandi.

Singa omwaana yetengerera ghaigulu, agho twenda bwende kubaghanhirira kukyitundu ekyo'ghansi okuva munkende okwiira ghansi. Omwaana asobola okwe'mera ghagati ghe'bigerebyo oba mukantu kebeegeramu okwe'merera aye mumbali mwa'kabina nha'magulu bisigala nga tibitambula/tibivamukyifo nga omwaana akozesa omubirigwe okughaanhiriza.



Taagho/ghanika ebifaanhani era oinhonole lwaakyi kiyiamba om-waana akakanaire okughaaniriza era yeekyuusa nga ayemereire.



Toola ebifaanhani kukyimante/kukyisenge nga okaali kutandiika ekyitundu ekyiiraku

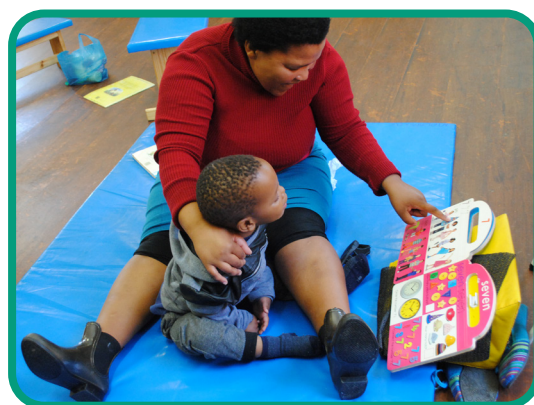
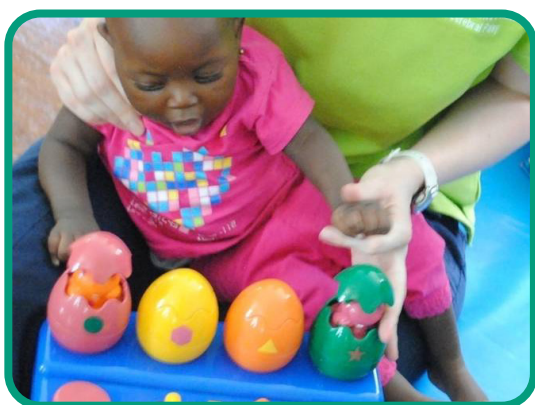
8

Abaana abali nga ebiseera ebindhi ba- gonda nhe'biseera ebindhi baakakan- hala oba ebiseera ebindhi beesindika

Mumusomo ogwo'kubiri, twaasomye/twaayeze nti kubaana abagonvu me-
male baafuka abakakanavu oba beesindika enhuma, twenda kuyamba mib-
iri gyaibwe okwiikaikana era tukgyileke. Bwetugha nhirira omwaana einho,
bawulira nga bazira buzibu era kyibanguyira mangu okubivaaku.

Twenda omwaana okubaamu amaanhi mumibiri gyaibwe nga tibeessindika
oba okukakanhala. Ekyo'kuboneraku, bwebedhuumuula okugema kukyo'ku-
zaanisa, omubiri gwaibwe gwona gwona gukakanala.

Taagh/ghanika ebifaanhani era bakobere/babitire mumagezi
ago'kukolera aghalala nha'baana abagonvu/abesiindika.



Okukola nha'baana abagonvu / abeesindika

- Baghanirire inho babone nti bazira buzibu
- Yogera nabo mpola era okozese eiloboozi elyaaghansi/
eriikaikamu
- Gha omwaana ebiseera, tomupapira
- Yamba omwaana yeesiire mumbali
- Tolwaananga namwaana oba okumusindika einhuma
omwaana bwaatandika okusindika
- Kuuma ebigugunu byo'mwaana nga byeegheseemu
- Ebiseera ebindhi kiyamba okukuuma omugulu ogundi nga
mutereevu atenga ogundi gweegedyemu/gweegheseemu



OMULIMO

- Gabanhiaamu/yawulamu abantu babe babiri babiri
- Saba ekyibingya kyilowooze kungeri gyebasobola okukozesa amagezi gano agamema kungema eyo'mwaana omugonvu/ ayeesindika mumirimo ekyikolebwa buli lunanku nga okwambala, okwambula nho'kunhaaba
- Gha abantu ababiri ababiri akaseera okweegezaamu
- Memale oleke buli bantu babiri babiri beegezeemu nga batulaga amagezi gaibwe kulwe kyibingya



Kebera/buuzza oba ghaligho ekibuuzo kyona kyona

OBUBAKA OBUKULU

Omubiri gwo'mwaana bweguba ebiseera ebindhi nga mu-gonvu, ebiseera ebindhi nga mukakanavu nhe'biseera ebindhi nga gweesindika nga gwiira einhuma, twenda kuyamba mibiri gyaibwe okwiikaikana/okuwuumula era gyelekule.

Kyino tikyitegeeza nti omwaana azira maanhi. Twenda omubiri okuba nhamaanhi nga tigyeesindika

Twenda okughanhirira inho omwaana, two'gere era tutam-bule mpola, yamba omwaana okweesiira kumbali, kuuma ebigugunu byo'mwaana nga byeeghese era omughe ebi-seera.

Tituteekwa kulwaanisa mubiri gwa'mwaana naire naakato-no

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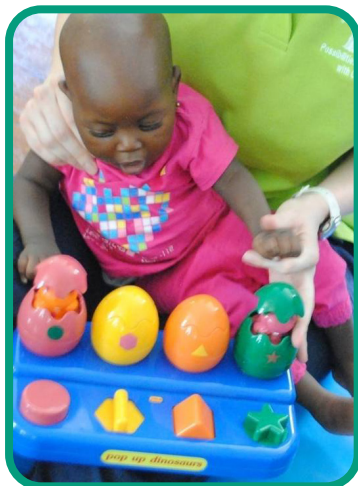
Ebifo ebiyamba abaana abagonvu/ abeesindika nga baira einhuma

Mumusomo ogwo'kubiri twaayega/twaasoma nti abaana abalina emibiri emigonvu eranga bamala baakakanala oba beesindika nga baira einhuma, twenda okuyamba emibiri gyaibwe okuwumula era tubyambe okuwulira nga bazira buzibu. Twenda okubayamba okuba nha'maanhi mumibiri gyaibwe nga emibiri gyaibwe tigyeesindika kwiira inhuma.

Singa omulimo gukyamula inho era omwaana yaakakanhala-kyiidhakubeera kyizibu omwaana okugweenhigiramu. Singa omwaana akakanhala oba alekera okweghanga nga bakozeisa emikono gyaibwe, agho tumala gakola mirimo ghebana'kozesa amaiso gaibwe mukubona oba amatu gaibwe mukuwulirw, nga okusoma ekyitabo oba okwemba enhemba. Singa twenda omwaana okukozesa emikonogy, twenda tubaghe obuyambi bungyi nho'kubaghanirira.

Ghaire tusomye nti abaana bwebaba mukyifo okumala eibanga einene/ ekyiseera ekyighanvu, ebivu biteekwa kulingilira ghalala nha'mabunda/ endha, aye tikyitera kuba kyilala ekyo nhikubaana nga balimukukola. Kubaana ebiseera ebindhi nga baba bagonvu nhe'biseera ebindhi baakakanhala, buli kyiseera kiyiyamba obutalinza mabunda gaibwe ghalala nabivu byaibwe bwetuba tubenda babe naamaanhi era bazaanhe. Ekyifo kyino kyibayamba okuwuumula obulungyi era tibakakanhala inho bwebaba benda okukozesa emikono gyaibwe oba bwebakyamuka.

Taagho/ghanika ebifaanhani era olage ekyibingya gha ebivu gyebilingirire oku- va eri endha/amabunda.





OKUTENDUKA NGA YEEFUNHIEEMU

Okutendukira kumugongo kyisobola okuyamba aye singa ebigugunu nhe'bivu biba byeefunhieemu, bwekyiba kyityo kyinguyira omwaana okweesindika nga aira einhuma. Omwaana bwaaba nga alambaliire kumugongo, omubiri gwona gwona gughanhirirwa ghansi. Kyino kyifo kyirungyi okuboneramu emizaano

Kubaana bangyi ebiseera ebindi abalina emibiri emigonvu nhe'biseera ebindi emibiri nga gyikakanhala, kyibazibughalira okuleeta emikono gyaibwe aghalala. Bwebaba nga batendukiire kuluuyi, kybanguyira emikono gyaibwe okugyita aghalala okuzaanha, kubanga omukono oguli ghansi guba gughanirirwa.

Leka tulinge kubifo ebisingagho ebiyamba kuabaana nga ebiseera ebindhi emibiri gyiba migonvu, ebiseera ebindhi gyikakanala nhe'biseera ebindhi gye'sindika okwiira einhuma:



Taagho/ghanika ebifaanhani era oinhonole lwaakyi kiyiamba om-waana ayeesika nga aira einhuma okutenduka nga yeefunhieemu. Laga ekyibingya nti mukyifaanhani ekyisooka ghaligho ekyo'ku-boneraku ekyindi ebivu ghebiba nga tiblinze mubiri gyegulinze.





ENGERI EDHIYAMBA OMWAANA AGONDA OMUBIRI/AYEESINDIKA NGA AIRA EINHU- MA OKUTYAAMA

Engeri ndala eyamba abaana abalina emibiri emigonvu, abeesindika nga baira einhuma okutyaama nho'kutyaamira oluuyi lulala, ghansi oba nga baliinaine omuntu atyaime kukafoomu. Ebigugunu birina kuba nga byegheseemu era omwaana alina okuba nga yeesiire nho'mukono mulala yaakozesa omukono ogundi okuzaana

Singa omwaana atyaime yaalingilira emberu nga atereire, agho kyaamugaso ebigugunu okuba nga byeefunhieemu nga omwaana bwaaba nga atendukiire kumugongogwe.

Omwaana bwaakakanala einho nga agezaaku okukozesa emikonogy, agho muleke buleke alinge kukyitabo era akozese amaisoghe okukukobera lli lwoonaakyuusa olupapula. Neera kyaamugaso nti ebigugunubye byeegheta era nga ighe oghanhirira omubirigwe.



Taagho/ghanika ebifaanhani era oinhonole ngeri kyi eyo'kuyam-bamu omwaana alina omubiri nga mugonvu/ayeesika nga aira einhuma okutyaama nha'zaana. Neera, laga ekyibingya nti mubimu kubifaanhani, ebivu tibilinga mubiri gyegulinga





OKUYAMBA OMWAANA ALINA OMUBIRI OMUGONVU / AYEESINDIKA NGA AIRA EIN- HUMA OKWE'MERERA

Kyamugaso abaana okweemerera, aye abaana bangyi abeesika nga baira einhuma beetaaga okughanirirwa kungyi okwe'merera. Omwaana asobola okwe'merera mukantu akabayabaku okwe'merera oba ghagati ghe'bigerebyo nhe'meeza emberigho. Omubiri guteekwa okughanirirwa ekyimala okubona nto omwaana awulira nga ghazira buzibu okutambuza emikonogye okuva aghali omubirigwe era kyaamubeera kyangu okugya yaabantu abandi nga akozesa emikonogye. Idhukira nti abaana abeesika nga baira einhuma benda ighe oghanirire emibiri gyaibwe okubasobozesa okuwulira nga bazira buzibu.



Taagho/ghanika ebifaanhani era oinhonole ngeri kyi eyo'kuyamba omwaana omugonvu/ayeesindika nga aira einhuma okwe'merera



Toola ebifaanhani kukyisenge / kukyimante nga okaali kutandiika mu-somo gwiiraku

Kebera/buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana abalina emibiri emigonvu/abeesindika nga baira einhuma beetaaga okughanirirwa okumala bwetubata mu-bifo ebyendhawulo

Kubaana abalina emibiri emigonvu/abeesindika nga baira einhuma, kiyiyamba okukola ebivu byaibwe byaalinga muky-ifo kyindi nho'mubiri gwaalinga luuyi lundi

Okukuuma ebivu nhe'bigugunu nga bye'funhie kyoona kyisobola okuyamba omwaana alina omubiri omugonvu/ayeesindika nga aira einhuma



OMULIMO

- Saba buli muntu atyaamye obunuma bwombi kuntebe era baghaanhirize kumukono okwaakono okutuuaka ghebasobola okukomya
- Bona bona bwebamala okughaaniriza, basabe bongere okughaaniriza okusingaku aghasoose

Abaana abatambula einho (choreo-athetoid)

Buti leka twoogere kubaana abatambula einho.



Bwembabasabye okughaaniriza emikono gyaimwe okwiira kumukono ogwaakono, musoboire okukyikola kubanga mukuumye ekyitundu kyaimwe ekyo'ghansi kumubiri nga tikyeenhenia/tikyitambula era mwaakozesa emiziisa gye'nda/amabunda gaimwe okukulekeza okugwa. Kyino tukyeeta okutebenkera/obutebenkevu.

Ekyo kyibaagho kubanga ekyitundu kyilala ekyo'mubirigwo (akabina nha'magulu) kyitebenkevun okubona nti ekyitundu ekyindi (omubirigwo nye'mikono) bisobola okutambula. Abaana abatambula einho bazira butebenkevu buno. Kyino kyiligho kubanga emibiri gyaibwe gyiba gyitambula inho buli kyiseera era nga tigyisobola kukuuma kytundu kyindi ekyo'mubiri nga tikyitambula. Kyibazibughalila inho okukuuma ekyitundu ekyindi nga tikyitambula/tikyeenhenia

Kale leka two'gere kungeri kyi gyetusobola okuyamba omwaana alina omubili omugonvu/ayeesika nga aira einhuma okweetegeka okufunha amaanhi



OMULIMO

- Gabanhiaamu/yawulamu abantu bona bona babe babiri babiri
- Saba ekyibingya kyilowooze kungeri gyekyinasobola okukozesa amagezi ago'kugema omwaana alina omubiri ogutambula einho mumirimo egyikolebwa buli lunaku nga okwambala, okwambula nho'kunaaba?
- Gha abantu ababiri babiri ekyiseera okweegezaamu
- Memale leka buli bantu babiri babiri beegezeemu okulaga amagezi gaibwe kulweekyibingya.

Taagho/ghanika ebifaanhani era obite mumagezi/ebidhuubo ebyo'kukola nho'mwaana alina omubiri ogutambula einho



Okukola nha'baana abalina emibiri egyitambula einho

- Abaana beetaaga kuba ghagati
- Omwaana yeetaaga kweesiira nga akozesa emikonye nha'magulu gaibwe.
- Linda omwaana abenga tiyeenheenhia nga okaali kutandika mulimo-gha omwaana ekyiseera
- Kubiriza omwaana okukozesa emiziisa gye'ndha'ye



Taagho/ghanika ebifaanhani era mukubaganhie ebidhuubo ngeri kyi omulimo gyeguyambamu omwaana atambula einho



Kebera/buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Singa omwaana atambula inho, twenda okubakuumira gh-agati

Omwaana yeetaaga okweesiira nga akozesa emikonogyenha'magulughe era akozese emiziisa gya'mabundaghe / endha'ye

Linda omwaana abenga tava mukyifo memale otandiike omulimo, gha omwaana ebiseera



OKUTENDUKIRA KULUUYI:

Okutendukiza omwaana kuluuyi kyisobola okuyamba okwanguyiza omwaana okukozesa emikono gyaibwe ghagati kumubiri gwaibwe, nga bwetwaa kubaganhiiza ebidhuubo kumwaana alina omubiri omugonvu/ayeesika aga aira einhuma. Mukyifo kyino, baidha kwenda boona okughanirirwa kutono okwe'mikono bakozese emikono gyaibwe



OKUBISAAMU OMUKONO MULALA NGA OGUNDI GUTAMBULA

Engeri eyamba abaana bano nho'kutyaama kufoomu nga ebigere byaibwe bili kumbali nhi kumbali. Memale okole omukono ogundi gusindike nga ogundi guli kuzaana. Buli kyiseera omwaana atambula einho bwaatyaama, balina okusindika/okubisaamu omukono mulala okukuuma omubiri gwaibwe nga tigutambula, nga ogundi gutambula.

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Ebifo ebyo'mugaso ku baana abalina obwaa- la nho'bunhwe nga tibutambula bulungi

Abaana abatambula inho beetaaga okweega engeri eyo'kukozesa amabundha gaabwe era emu ku'ngeru gyetuyinza okubayamba okukola kyino, kya kusindika nga ogema kumikonho gyaabwe.

Leka tulingilire ku bifo ebindi ebyo'mugaso ebya abaana bano abateera okutambula inho.



Ghanika ekifananhi omale oinonole lwaakya okutendusa omwaana ku luuyi lwaibwe kya mugaso ku baana abatambula inho



Ghanika ebifananhi omale oinonole engeri eyo'kuyamba omwaana ayeesindika nho'mukonho mulala nga omukonho ogundi kutambula





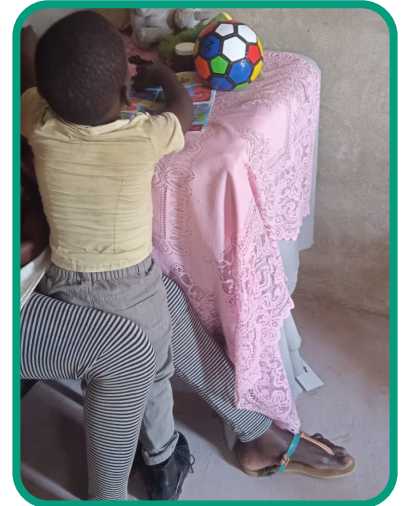
OKWEEMERERA OKWO'MWAANA ATAMBU-LA EINHO

Omwaana asobola okweemerera mukantu akamuyamba okweemerera oba ghagati ghebigerebyo nhe'meeza emberu. Basobola okusindika emikono gyombi oba basobola okusindika omukono mulala nga ogundi guzaana. Emeeza esobola okuba ango okukyifuula ekyangu eri omwaana okugyisindika.

Singa omwaana asobola okutambula, okusindika akafoomu oba entebe eidha kubayamba okusindika emikono gyaibwe era bakozese emiziisa egya'mabunda / endha dhaibwe.



Taagho/ghanika ebifaanhani era oinhonole engeri eyo'kuyamba omwaana atambula einho okweemerera asindike/abiseemu emikonogye



Buti osobola okubona ngeri kyi gyetusobola okukozesa ekyifo ekyo'mwaana okusobola okumwanguyikiza okuzaana nho'kukola emirimo. Ebifo bino byoona bikakasa nti omwaana ali kuzaana mungeri eyamba. Singa omwaana ali mukyifo ekyiyamba, ebiseera byaamala nga akola emirimo biidha kuba nga biyamba omubirigwe, nga obwiidhandhabi. Kyino kyiri kyiti kubanga omwaana alikukola emirimo mungeri emuyamba okukozesa nho'kufuga omubirigwe bulungyi.

Kebera / buuza oba ghaligho ekyibuuzo ekyindi

OBUBAKA OBUKULU

Okusindika okwesiila kumikono kiyiyamba omwaana atambula einho okukozesa emiziisa gyendha

Kyoona kiyiyamba omwaana atambula einho okuba ghagati



AMAGEZI AGO'KUKOLA EMIRIMO EGYO'BULI LUNANKU

Engeri esinga kuba yaamugaso okwanguyiza abaana okweekolela emirimo egyo'buli lunaku nho'kutegeera kyifo kyi ekyibanguyiza nho'kubazuulila engeri eyo'kukola emulimo mukyifo ekyo.

Ekyo'kuboneraku, okutyaama kukafoomu nga ekyimante kyiri inhuma ghaibwe kyanguyira abaana abamu okutoolamu saati, nga bali oti batyaime bwaakukafoomu, bayinza obutasobola kweetengerera era baagwa. Abaana abamu baidha kukyibona nka kyangu okutyaama kwiitakanhe'magulu gaibwe nga bagazinzeeku.

Buli kyiseera kiyiamba omwaana okutyaama aghantu aghagumu. Okughezaaku okwambala nga batyaime kukyitanda ekyigonvu kyiida kubazibughalira inho. Abaana bayinza okweenda okukozesa ebifo ebyendhawulo okusenziira kulugoye kyi lwebenda okwambala oba okwambula. Ekyo'kuboneraku, abaana abamu baidha kukyibona nga kyibanguyira okutyaama kukafoomu baagotamamu okutoolamu engaito, abandi baidha kukyibona ngakyibanguyira singa bata ekyigere kyaibwe ekyindi kukyivu.

Kubaana abakozesa oluuyi lulala oloyo'mubiri gwaibwe emirundi egyisinga kyibanguyira okusooka okwambala omukono nho'mugulu omulwaire. Tusobola tweena okwanguyiza abaana okwambala nga bakozeza engoye edikyanguya. Ekyo'kuboneraku, engaito edhiziraku buwuuzi dhangugha okutoolamu okusinga engaito edhiliku obuwuuzi. Esaati edhaakolebwa mubintu ebinaanuuka dhangugha okutoolamu okusinga edho edhigemera kumubiri nga dhaapamba. Empale edhaalasitiika dhangugha okutoolamu okusinga edhaazipu.

Abaana abali kumutendera ogusooka, ogwo'kubiri, oba ogwo'kusatu balina okukubirizibwa okweekolela ebintu ebisingagho era ekyimu kubintu bino nho'kusoma / okweega okweeyambaza nho'kwabula / kutolaamu engoye



Taagho/ghanika ebifaanhani era oinhonole amagezi agamu ago'kuyamba abaana okwambala nho'kwambula beene.



Abaana bwebambala nho'kweyambula, kyamugaso gyebali okuzingaku en-goye dhaibwe bullungyi!

Taagho / ghanika ebifaanhani okulaga ebyo'kuboneraku



Kebera / buuza oba ghaligho ekyibuuzo kyo kyona

OBUBAKA OBUKULU

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo basobola okusoma/okweega era twenda okukaksa nti balikusoma/balikweega ebintu bingyi beene.

Kyiyamba okutandiika nhe'mirimo egyikolebwa buli lunaku nga okwambala, okwambula nho'konaaba

IDHUKIRA : tulina/tuteekwa okuyamba omwaana okuba mukyifo ekyirungyi

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Enkomerero eyo'musomo



Buti nga bwetutuuse kunkomerero eyo'musomo guno, eriyo omuntu yene yena alina ekyibuuzo kyona kyona nga tukaali kwii-galagho?



Oluvainuma lwookusoma/okweega kungeri eyo'kuyambamu omubiri gwo'mwaanagho okweetegekera okutambula nho'kukola emirimo, kyi kyi kyoogya okukola ekyendhawulo bwoonaagya awaka?

Mubite mukatabo ako'muzaire nhe'kyibingya era okebere/obuuze oba ghaligho ekibuuzo kyona kyona ekyigema kukatabo.

Igalagho omusomo era okakase nti buli muntu awulira nga ebibuuzo byaibwe biriibwaamu

4

Okulya nh'okun- hwa

Okufuula ebiseera eby'okulya nga bizir-
aku buzibu era nga byaidembe eri om-
waana wange.

Ebikozesebwa

Mumusomo guno oidha/mwiida kweetaaga:



Ekyigama ekyisalibwakukumunhwa (kyilala buli muntu)



Ekyigiiko ekyisena sukaali (kyilala bulimuntu)



Ekyigiiko ekyisena eiva (kyilala bu-limuntu)



Leeta emere yona yona engonvu nga yogati oba buugi



Leeta amadhi

1

Sangaaza/tusangaire

Sangaaza buli muntu yenayena mukyibinja era okakase nti batebenkevu nga okaali kutandika



Nga tukaali kutandika musomo guno, kyintu kyi kyewayega mumusomo ogwa'bita ku ndwaire eleeta obukosefu kubwongo nga engeri eyokughaala era nangerikyi gyoogikozeisaamu ewaka?

Nga tuli mumusomo guno tuja kukola egyimu kumirimo nga gyilimu okulya. Nkusaba olye emere mukyiseera kyonka nga tulikukola emirimo gino.

Muteegho/mughandiike ebiviiremu era mubibitemu nga ekyibinja

Workshop 4 - Ebinavaamu

- Ngeri kyi esinga bulungi gyo'tyaamyamu omwaana alina obulemu obuwa kubukosefu kubwongo mukumuliisa
- Lwaakyi kyaamugaso okuliisa omwaana alina obulemu obuwa kubukosefu kubwongo mpolampola
- Ngeri kyi gyo'tekatekamu ensaya edho'mwaana okumuliisa
- Ngeri kyi gyo'yambamu omwaana alina obulemu obuwa kubukosefu kubwongo okulya obulungyi nga akozesa ekyigyiko
- Ngeri kyi gyo'yambamu omwaana alina obulemu obuwa kubukosefu kubwongo okweega okugaaya
- Engeri kyi gyo'yambamu omwaana okweeliisa
- Ngeri kyi gyo'yambamu omwaana alina obulemu obuwa kubukosefu kubwongo okweega okunhweera kukyikopo
- Ngeri kyi gyo'yambamu omwaana aduluuda amalusu
- Emere kyi erimu ekyiriisa kumwaana alina obulemu obuwa kubukosefu kubwongo

Malamulele Onward C2CTP ©

Workshop 4 - Eating and Drinking

Bana bangyi abalina obulemu obuwa kubukosefu kubwongo balina obukaluubirivu mukulya nho'kunhwa era nga iffe abazaire tusobola okubayamba okulya nho'kunhwa bulungi inho era nga batebenkevu mungeri gyetubitamu okbaliisa

Bino byetuja okwo'geraku olwaaleero

- Ngeri kyi esinga bulungi gyo'tyaamyamu omwaana alina obulemu obuwa kubukosefu kubwongo mukumuliisa
- Lwaakyi kyaamugaso okuliisa omwaana alina obulemu obuwa kubukosefu kubwongo mpolampola
- Ngeri kyi gyo'tekatekamu ensaya edho'mwaana okumuliisa
- Ngeri kyi gyo'yambamu omwaana alina obulemu obuwa kubukosefu kubwongo okulya obulungyi nga akozesa ekyigyiko
- Ngeri kyi gyo'yambamu omwaana alina obulemu obuwa kubukosefu kubwongo okweega okugaaya
- Engeri kyi gyo'yambamu omwaana okweeliisa
- Ngeri kyi gyo'yambamu omwaana alina obulemu obuwa kubukosefu kubwongo okweega okunhweera kukyikopo
- Ngeri kyi gyo'yambamu omwaana aduluuda amalusu
- Emere kyi erimu ekyiriisa kumwaana alina obulemu obuwa kubukosefu kubwongo

Gabanhyaamu ekyibinja bantu bairi babiri era obakobe nti baidha kusigala nga bwebali mumirimo gyona gyona egyinaakolebwa mumusomo guno. Omale oghe buli bantu babiri ebikopo bibiri ebiidhwiire buugi oba yogati, ekyigyiko ekyinene ekyisena eiva kyilala nhe'bigyiiko ebisena sukaali bibiri batereke kulwe'mirimo egyigo'kukolebwa



EMIRIMO

- Mokole emirimo nga muli babiri babiri.
- Omuntu mulala nho'mulabirizi ate owondi nho'mwaana
- Omwaana atyaama nga omutwee gwe guli inhuma nga bwekyiri mukifananhi
- Mme amulabirira yaanhweesa omwaana ebigyiiko bitono ebya buuji/yogati
- Abantu bona bona balina okukyuusaganhia emirimo okubona nti bulyoomu alina okuba nho'mulundi gwaakola nga omwaana



EKYIKUGHALIRIZA

Mumibiri gyaife tulina emighaatwa/emidumo ebiri: ogusooka gugya kumawuuwe nho'gundi gwa mpewo gyetugheera. Gule ogundi gugya mulubuto era gwa mmere. Emighaatwa gino gyiri kumpi nakumpi era nga ghagati ghaagyo ghaligho akasandikira. Bwetulya, akasandikira kaigalagho omughaatwa ogwa'mawuuwe okusobozesa emmere okugya mulubuto. Bwetugheera, akandikira kaigalagho omughaatwa ogugya mulubuto okusobozesa empewo okugya mumawuuwe

Kino kibaagho singa tuba tutyaima twaaterera bulungyi. Singa emitwe gyaife gye'kubire einhuma, kyizibu akasandikira okweigala obulungyi era obukunkumusa obwe'mere busobola okugya mu-mughaatwa ogwempewo okutuuka mumawuuwe. Kino bwekyibaawo kumwaana alina obulemu obuva kubukosefu kubwongo, okugheera kwaabwe kufuuka kuzibu, basobola okufuna endwaire mukyifuba, basobola okuba abalwaire inho era basobola nho'kufa okuva kyino ekyiba kyibairegho

3 Entyaama enungi

Oidha kweeta-aga:



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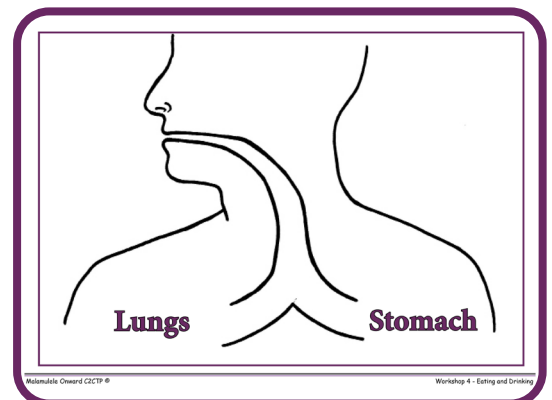
Owulira otya okuliisibwa nga otyaime muntyaama eno?

?

Olowooza ntyaama nugi okuliilamu?
Lwaakyi?

Taagho/ghanika ekifaananhi

Kyaabulabe kumuntu yena yena okulya nga omutwee gwe gulangukiire einhuma era kino kyibaago kulwe'kyintu kyebeeta 'aspiration'.



Kozesaekyifaananhi okwiinhonola 'aspiration' kyekyitegeeza era okebere/obuuze oba ghaligho ekyibuuzo kyona kyona



EMIRIMO

- Tyaama kuntebe ghahati mukyibinja nga otyaime muntyaama embi
- Buuza ekyibingya bwebandikyuusiiza entyaamayo okutyaame bu-lungi
- Nga buli muntu bwaaleeta ekyilowoozo kye, basabe baidhe bater-eeze entyaama gyo'tyaimemu



Taagho/ghanika ebifaananhi bisatu ebyo'mwaana nga alikulya nga atyaime yaatereera bulungi era osonke kubyo'kuboneraku nga ekyibingya bwekyighayo ebiwoozo/ebidhuubo byaakyo.



?

Kale okuva mumulimo guno, olowooza twandityaamiisa tutya obulungi omwaana alina obulemu obuva kubukosefu kubwongo mukulya nho'nwa

- Omwaana alina/ateekwa kutyaama nga atereire
- Obulevu bwaabwe buteekwa kuba kumpi nhe'bifuba byaabwe
- Emikono gyaabwe nhe'bibega birina kuba emberi
- Ebigugunu byaibwe bilina okuba nga byeeweseemu
- Ebigere byo'mwaana birina okuba nga bighanhiriirwa
- Balina okuba nga batebenkevu



OKULIIKIZA MUNTEBE

Buli bwekyiba nga kyisoboka omwaana alina obulemu obuva kubukosefu kubwongo alina oliisibwa nga alimuntebe mukyifo ekyokumu-ta kubisambi ebyo'muntu, kubanga bwebakula baidha kuba banene atenga bazito omuntu okuba nga abaghanhirira mukutyaama eny-taama enungi. Era kyiidha kuba kyizibu kumwaana omukulu okutand-ka okukozesa entebe nga alikulya singa bamanhirira okulya nga batyaime kubisambi ebyo'muntu.

Niwankubaire, ebiseera ebindi tikyisoboka kuta mwaana muntebe. Okugeza: singa munumba muzira ntebe gyaasobola okutyaamu, oba nga omwaana tali ghaka. Ekyo kytuufu, eibanga lyaamala nga aliira muntebe buli bweeba nga erigho, okusobola okubona bakula nga bamanhiriire okugyikozesa.



Taagho/ghanika ebifaananhi ra oin honole lwa akyi okuliiki-za omwaana muntebe kyisobola okuyamba



?

Olowooza otya ighe nga alabirira omwaana ghandityaime otya nga olikuliisa omwaana nga alimuntebe?

- Kyaamugaso nti oba mutebenkevu
- Oteekwa kutyaama mberi gho'mwaana okubona nti akulingilira

?

Ate bwooba nga ozira ntebe yaamwaana gho?

Taagho / ghanika ebifaananhi nga ekyo'kuboneraku ekyibingya bwekyikubaganhia endowooza dhaibwe





NGA OMAZE OKUMULIISA

Nga omaze okumuliisa omwaana, kiyiamba okumuta mukyifo nga atyaime yaatereera bulungi, nga talambaire. Basobola okuba nga beemereire oba okutyaama eibanga lyebamala nga ghazira kyintu ekyigemye einho amabunda gaibwe/endha daibwe. Abaana bali-na okumala ekyitono einho edhaakiika asatu nga bali mukyifo nga batyaime baatereera bulungi oluvainhuma lwo'kulya emere.

Kiyiamba okutyaamya omwaana mukifo nga atereire, kubanga emere esobola okubita munda/lubuto mangu. Kino kiyinza okuyamba einho omwaana asesema nga amaze okulya

Bwoba nga olikuliisa omwaana, olina okuba nga osobola okutoolera ghasi ghaa maiso ghoomwaana emere okusobola obutakyuusa mutwee-gwe nga agwiiza einhuma

Kozesa ebifaanhanhi okulaga kino



Bwoba omaze okuliisa omwaana, otera kumuta mukifookyi (omutyaamya/omutendusa otya)



Kozesa ebifaanhanhi okwiinhonola lwaakyi omwaana alina okutyaamisibwa nga atereire oluvainuma lwookulya



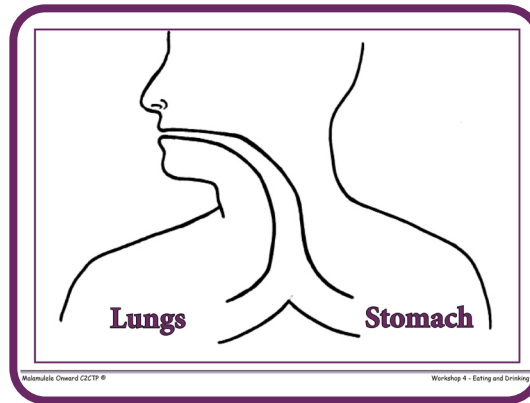


LI LWOOGHA OMWAANA AMAADHI

Kizibu omwaana alina obulemu obuva kubukosefu kubwongo okutereeza akanhwaa ke nga amaze okulya era nolwe'kyo bulikiseera ghaidha kubaagho emere etagyiire mulubuto/munda. Singa tubagheeragho amaadhi nga baakamala okulya era mubutali bugendererevu emere eyindi neegya mumawuuwe, amaadhi gaidha kunaaza/kutwaala/kusindika emere eegye mumawuuwe era kino kiida kuleetera omwaana okufuna obulwaire. Singa tulindaku okumala edhaakiika asatu oluvainuma lwoomwaana okulya, kyibagha ekiseera okumalagho emere esigaire mukanhwa. Kale Kubanga mukanhwa muzira mmere, bwetubagha amaadhi era obumere obundi mubutali bugendererevu nibugya mumawuuwe, bwiida kuba maadhi buudhi, kale amawuuwe tigaidha kulwaala



Kozesa ebifaanhanhi okwiinhonola lwaakyi omwaana alina obulemu obuva kubukosefu kubwongo alina okugheebwa amaadhi oluvainhuma lwa dhaakiika asatu nga amaze okulya



Singa omwaana atera okusesema nga amaze okulya, kino kiyinza okutegeeza nti alina 'okweezinduka'. Olina okweebuuza kumusawo

Obubaka obukulu

Okutyaamya obulungi omwaana alina obulemu obuva kubukosefu kubwongo kyaamugaso okusobola okulya nho'kunhwa obulungi era nga mutebenkevu

Omwaana tasobola kulya nha kunhwa nga ghazira buzibu singa omutweegwe gubanga gukyuuse gwaira einhuma.

Kyaamugasi nti gheena oba mutebenkevu nga oliisa omwaanagho

Leeta emere okuva ghansi ghaa maiso gho'mwaana era nga olimberi gho'mwaana okusobozesa omutwe obutakyuuka kwiira inhuma.

Kakasa nti omwaana asigala nga atyaime yatereera mukyifo, ekyitono einho edhaakiika asatu oluvainhuma lwo'kulya

Omwaana mughe amaadhi okunhwa luvainhuma lwaa dhaakiika asatu nga amaze okulya



EMIRIMO:

- Mukole emirimo nga muli babiri babiri
 - Omuntu asooka nha'labirira ate owundi nho'mwaana
 - Toola abalabirira mukyibingya okusobozesa abaana obutawulira biki byooli kubakoba
 - Koba abalabirira nti bateekwa kuliisa abaana mangu mangu nga bakoze ekyigiiko ekyinene
- Alabirira memale yaaliisa omwaana ebigiiko ebyaa buugi/yogati bitono bito mangu mangu

4

Okuliisa empola empola nga okozesa ekyigyiko ekyisaaniire

Oidha kweetaaga:



?

Kyiky kyo'tayenze mukuliisa?

?

Ngeri kyi gyo'ynza okukyikyusa?

- Okuliisa omwaana empola
- Okugha omwaana ebiseera ebimala okumira mme oluvainhuma omughe ekyigyiko ekyindi ekye'mere
- Muliise emere ntono ntono buli mulundi
- Kozesa ekyigyiko ekyituuka mumunhwa gwo'mwaana
- Kozesa ekyigyiko ekyiziramu kyina, tye'kyo ekyirimu ekyina

Obubaka obukulu

Abaana abalina obulemu obuva kubukosefu kubwongo benda kubaliisa mpola

Kozesa ekyigyiko ekyiziramu kyina ekyo ekyigya mumunhwa gwo'mwaana

Muliise emere ntontono buli mulundi



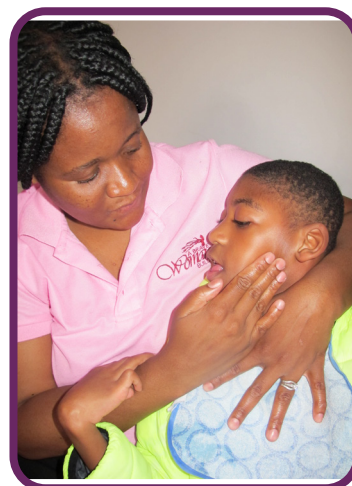
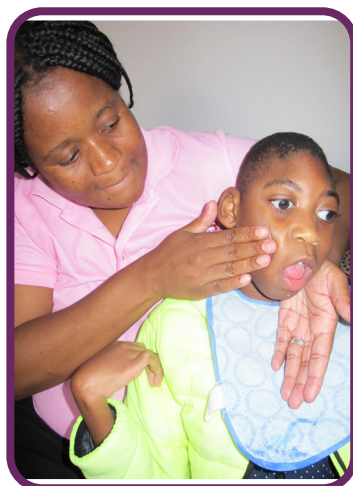
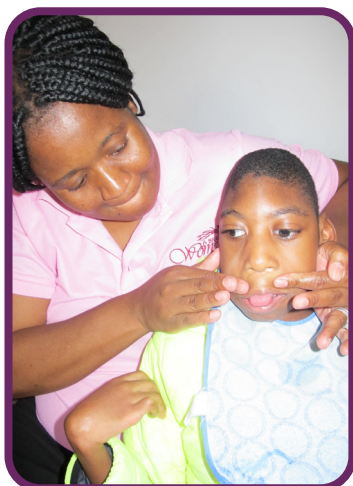
OKUTEEKATEEKA AMATAMA NHE NSAYA OKULYA NHO'KUNHWA

1. Mute ghalala amatama gaimwe gawuume era omukubeku nhi bukiisi
2. Bisa obugalo kuunindhoyo nga obwiisa ghansi okwiisa olusayalwo olwaaghaigulu ghansi
3. Kozesa emikonogyo okusiimuula mumaisogho okuva mukyeeni okutuuka kulusayalwo olwaaghaigulu lip.

5

Okuteekateeka ensaya okulya

Nga bwetukanda nho'kuduumuula emiziisa egyikakanaire okulekula, singa omwaana amatama nhe nsaya bikakanala, tusobola okukandanho'kuduumuula emiziisa okugyisobozesa okulekula mumaiso/feesi. Kino kyiida ku-sobozesa omwaana okuwumbaku omunhwa



Taagho/ghanika ebifaananhi era oinhonole ngeri kyi omwaana asobola era nga mukalaba kalaba gya'tegekamu amatama nhe'minhwaagye okulya



Gyino emirimo egyo'kulekuza emiziisa gyisobola okukolebwa buli lunaku nga ebiseera ebyo'kulya bikaali kutuuka



EMIRIMO

Kobera ekyibigya nti oyenda buli muntu anhwe ekyigyiiko kya buugyi/yogati kyilala era bateekwa okulowooza ku kyiky kyebalina okukola nho'lulimi lwaibwe nhe nsaya bali kunhwa buugyi/yogati

6 Okulya nga okozesa ekyigyiko

Leka tusome kungeri gyetusobola okuyambamu omwaana alina obulemu obuva kubukosefu kubwongo okulya mubwangu nga akozesa ekyigyiko

Oidha kwenda/kweetaaga:



Buli muntu bwaamala, taagho/ghanika ebifaananhi bisatu era obuuze ekyibuuzo





OKUGHANHIRIRA EMBAGAYU

- Okughanhirira kukolebwa nho'mukono mulala nga bwekyiri mubi-faananhi
- Okughanhirira kwampola inho – tituli kunhigiriza inho
- Titulikutambuza luba lwaamwaana ghansi nhi ghaigulu
- Tulekeza bwaamunhwa kwaasama inho
- Okughanhirira oluba kutonho era kukolebwa okuyamba omwaana omunhwaagwe gwaasama inho



Okolakiyi nho'lulimi dhe nsayadho bwoonhwa ekyigyiko kyaa buugyi/yogati?

- 1. Twaasama era twaata emere kululimi**
- 2. Tuwumbakuomunhwa okutoola emere kukyigyiko**
- 3. Oluvainhuma tumira nga eminhwa gyaiffe tugyiwumbyee ku.**



Lwaakiyi olowooza nti omwaana alina obulemu obuva kubukosefu kubwongo asobola okufuna obuzibu mukumuliikiza kukyigyiko?

- Tibasobola kuwumbaku minhwa gyaibwe kutoola mmere kukyigyiko**
- Tibasobola kuwumbaku minhwa gyaibwe kumira mmere**
- Enimi dhaibwe dhisindika emere okuva mukanhwa**
- Eminhwa gyaibwe gyaasama inho**

Kale katusome kungeri kyi gyetuyinza okuyamba omwaana ayasama einho



Taagho/ghanika ebifaananhi era oinhonole ekyibingya ngeri kyi gyo'ynza okuyamba okughanirira oluba olwo'mwaana nga oliku-muliisa





OKULIISA EKYIGYIIKO

- 1 Nga okaali kutandika, omwaana atekwa kuba atyaamisiibwa bulungi okulya. Ghanirira oluba olwo'mwaana mpola
- 2 Era mpola tta ekyigyiko ghansi kululimi olinde omwaana agezeeku era akozese ensaya/eminhwaagye okutoola emere kukyigyiko
- 3 Singa omwaana takyikola, osobola okumuyamba okwiisa ensaya/eminhwaagye mpola

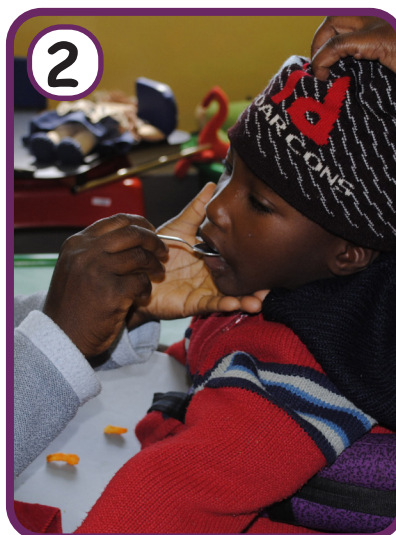
Gya buli kumuntu mukyibingya era obaleke bawulire kyi kyebalina okuwulira.



Buti leka tubone ngeri kyi gyetuyinza okuliisa omwaana alina obulemu obuva kubukosefu kubwongo nga tukozeza ekyigyiko



Taago/ghanika ebifaananhi kyilala ku kukyilala era oinhonole bulikyimu nga okaali kweeyongerayo mumaiso





OKULINDA OMWAANA OKUKOZESA EN-SAYADHE:

Kyaamugaso inho okugha omwaana omukisa okukozesa ensayadhe/ eminhwaagye okulya emere okuva kukyigyiiko. Singa tubaliisa buliise nga titubagha mukisa kutambuza nsaya/minhwa gyaabwe, oluvainhuma lwe'kiseera/ibanga tibaidha kusobola kutambuza nsaya/minhwa gyaabwe waire nho'kulya kwiidha kuba kuzibu inho era kyiidha kuba kyaabulabe eri omwaana

Bwekyiba kyizibu omwaana okuliisa /okukozesa ensaya/eminhwaagye, toteekwa kumuliisa nakyigyiigyiiko okutuusa emere bweenaawaawo kuba kyino kyiidha kutwaala ebiseera/ibanga ighanvu. Mala gamuliisa ebigyiko bitono ebyeemere mme omalilize okumuliisa nga okozesa engalo oba okumunhweesa nhe'kyikopo, kyetwiidha okwo'geraku mamaiso eyo mumusomo guno



Inhonola lwaakyi kyaamugaso okulinda omwaana okukoze-
sa ensaya/eminhwaagye okulya/okutoola emere kukyigyiiiko

Taagho/ghanikaebifaanhani



Bwetuba tuli kuliisa omwaana kyaamuga-
so inho obutakulubula kigyiyiiko kumaino
gaamwaana okutoolaku emere egye
mukanhwa.



Lwaakyi olowooza tutakola tutyo?

- Kyireetera amaihno gaabwe nhe'bibunho byaabwe okwiira emberi
- Kyireetera emitwe gyaabwe okukyuuka gyaira einhuma
- Omwaana tayega kukozesa nsaya/minhwaagye

Saba omusawo wo akuyambe kukyino kuba kyino kyizibu inho okukola
muntaandiika era nga kyeetaaga okugezesa kungyi

Nga bwetukobye gyebuviireku, kyidha kuba kyangu
omwaana okulya/okutoola emere okuva kukyigyiiiko
bwekyiba kyiziramu kyina era tokkozesa kyirimu
kyina.

Kozesa ebifaanhani okulaga ekyibingya ekyo'ku-
boneraku ekye'kyigyiiiko ekyirimu ekyiina nhe'ky-
iziramu kyina



Omwaanagho bwaagezaaku okuluma ekyigyiko, kyirungi okukozesa ekyigyiko ekyigonvu ekyaapulasitiika nga ekyo ekyiri mukyifaanhani nga kyino tikiidha kubakosa nga bakyirumye



Kebera / buuza oba ghaligho ebibuuzo byona byona

Obubaka obukulu

Singa amatama nhe nsaya/eminhwa bikadambavu, tusobola okukanda era twaadiumuula emiziisa okulekula nga tu-kaali kubagha mmere

Bwe tughanirira oluba olwo'mwaana kyiteekwa kuba kughanirira okutontono

Tughanirira oluba okulekeza omunhwa okweigula/okwaas-ama einho, tiwiigula nho'kwiigalagho omunhwa gwo'maana

Yamba omwaana okukozesa ensaya/eminhwaagye nga alikuliisa ekyigyiko era omughe ebiseera ebimala agezeeku

Ekyigyiko ekyiziramu kyina kyanguwira omwaana oku-toola emere nga akozesa ensaya/eminhwaagye

To kuuta/siiga mmere kumainho

Saba omusaghowo akuyambe okugezesa kukyino

Buti tweeze kukuliisa omwaana alina obulemu obuva kubukosefu kubwongo
nhe'kyigyiiiko, katweege kungeri kyi gyetuyinza okubayamba okugaaya

Buuza ebibuuzo bino ghansi era mukubaganhye ebiwoozo
kweebyo ebiiriibwaamu



Lwaaki olowooza nti kyaamugaso abaana okweega okugaaya?

- Basobole okulya ebika ebigheraku ebyeemere era babe balamu bulungi
- Okulya emere ekaluba kiyamba amainho dhe'bibunho okusigala mumbeera enungi
- Omwaana bwa'lya emere engonvu yonka, tayega kugaaya
- Tukoza emizzisa milala egyo okugaaya nho'kwoogera



**Gheefuule alikugaaya. Kyi kyookola nho'lulimilwo, oluba dhe'nsaya/
eminhwaagyo**

- Olulimi lutambula munduyi dhona dhona
- Oluba lutambu kuluuyi nhi kuluuyi era lweetooloola
- Omunhwa guba mubwiike gwaaku.



**Lwaaki abaana abalina obulemu obuva kubukosefu kubwongo bali-
na obukaluubirivu mukugaaya?**

- Kyizibu abaana okuwumbaku ensaya/eminhwa gyaabwe, kale emere eyinza okugwa okuva mukanhwa.
- Olulimi nho'luba lutambula lwaagya emberu dhe inhuma era lwaasindika emere okuva mukanhwa
- Omunhwa gweigula/gwaasama inho

Kunkomerero eyo'kukubaganhia ebiwoozo kebera/buuza
oba ghaligho ebibuuzo byona byona



OKUYAMBA OMWAANA OKUGAAYA

Sooka ote emere ghagati gha'mainho gho'mwaana amagyigo nengalodho. Ghe'genderenze obutata ngalodho ghagati gha'mainho, kuba ayinza okukuluma. Singa omunhwa gwo'mwaana gweigula/gwaasama inho, mughanirire oluba mpola. Tomuyamba kutambuza mbagayu dhe/dhaabwee, twenda okubakubiriza okutambuza embagayu dhaibwe kulwaabwe.

Tta emere kuluuyi lulala memale oote kuluuyi olundi.

Nga tweegeresa omwaana okugaaya, ebika ebyemere birina okuba bigonvu era nga biseenuuka mangu singa ghabaagho obukunkumusa, tikiyiida kuleetera mwaana kukolola. Mumaiso eyo/gyebwiida omwaana bwaaba asobola okugaaya, tusobola okukozesa ebibala ebikaluba kalubamu nheiva endiirwa/eryaamakoola hne nyama yona esobola okuzesebwa.



Bikaa kyi ebyemere engonvu byo'lowooza byetuyinza okukozesa okuyamba omwaana alina obulemu obuva kubukosefu kubwongo okweega okugaaya?

- Emboli enfumbe, kaloti oba eiva eryaamakoola erindi, nga balisaze saze.
- Obubooli obusaliibwa saliibwa oba bisukwiiti
- Obughaadho obweebibala naga bugonvu okegeza ebibala ebili nga apoo ayenga bidhuudhuula inho, apoo enfumbe oba amaatooke

Buti katulinge kungeri gyetuyinza okuyamba omwaana okugaaya



Taagho/ghanika ebifaanhani era oinhonole ngeri kyi gyo'yambamu omwaana okugaayachew.





GHA OMWAANA OMUKISA OKWEE- GEZAAMU OKUGAAYA

Singa tyeekeyo, bayinza obuteega kugaaya era nga tibaidha kusobola kulya mmere ndala na'bantu abandi abo'munumba

Kyaamugaso eri omwaana alina obulemu obuva kubukosefu kubwongo okwegezaamu okugaaya, aye titukeirwa kubaliisa tuti mpaka emere bweenaawaawo yona yona, kuba kiyinza okutwaala ibanga inhene. Oba tuyinza okyikola edhaakiika ntono dhiti buli bwaaba nga akaali kutandika kulya basobole okufuna emikisa mingyi ogugaaya nho'kweega okulya esingaku okukaluba



Inhonola lwaakyi kyaamugaso okulinda omwaana okugaaya

Nga bwekyiri mukuliisa omwaana nhe'kyigyiko, saba omusawowo akuyambe kukyino kubanga kyiguu inho okukola mukutandiika/muntandiika era nga kyetaagisa okweegezaamu kungyi

Kebera oba ghaligho ebibuuzo byona byona

Obubaka obukulu

Kyamugaso omwaana okweega engeri yo'kugaaya

Bwooba osomesa omwaana okugaaya, bulikyiseera kozesa emere engonvu esobola okuseenuuka/okublla mangu mu-maadhi singa obughaadho bumenekaku, okusobozesa omwaana obuta kolola kulala kulala.

Tughanirira oluba okulekeza omunhwa okwaasama einho, titwaasamya nho'kuwumba kumunhwa gwaamwaana

Ba muguminkiriza era oghe omwaana ebiseera okugaaya

Gha omwaana ekyintu kyona kyona okugezaaku okugaaya buli bwaaba alikulya

Saba omusawowo akuyambe okweegezaamu



OKYIFUULA EKYANGU ABAANA OKWEERIISA BEENE

Ekyisooka, entyaamy a yo'mwaana yamugaso inho. Beetaaga okusobola okutyaama obulungi nga batereire era nga batebenkevu atenga balina okughanirirwa okumala. Kyoona kiyiamba okuba nhe'meeza mumaiso gho'gaabaana okubasobozesa okugyeesiiraku okuwuumuza emikono gyaibwe era bakozeze bukozeze engalo dhaibwe okulya. Ebigere byaibwe bilina okuba nga bisobola okuba kwiitaka bulungi. Ebiiseera ebindi omwaana ayinza okwenda okughanirirwa okusingagho, ekyo'kuboneraku okumughanirira nga ooli mumbali. Kyamugaso inho omwaana okuba nho'kughanirira okumala ngabwekyisoboka okubanguyiza okweeriisa

Era tusobola ekyifuula ekyangu nga tukyuusa ebintu ebikozesebwa nga esoghaani, ekyikyigyiiko, ekyikopo ne'bindi. Akakeeka akatatyeerera kateebwaaku esoghaani obutagyiikiriza kuva mukyifo. Tusobola okukola omukono ogwe'kyigyiiko nga muneneku okwanguyiza omwaana okukyigema

Era tusobola okugeda omukuno ogwekyigyiiko. Mungeri eno, kyanguwa omwaana okuta ekyigyiiko kumunhwa

Engeri eyindi tusobola okuyamba abaana okweliisa nho'kubayamba okugema ekyigyiiko nga okuta emikonogyo kugyigye

Okweeriisa kuzibu eri abaana bangyi era kyisobola okugezesebwa akseera katono konka bwekyiba nga kyizibu inho, tikutuusa emere bweewaagho. Leka omwaana yeegezeemu akaseera katono nga anaatera okumala okulya okubona nti omwaana tali ndala oba mweihnhamivu/munakughavu

Nga bwekyiba kumirimo gyona gyona gyetukola buli lunaku nho'mwaana, twenda okuyamba omwaana yekolele ebintu ebisinga mweene, nibwekyiba nga kytwaala ebiseera. Eibanga lyekytwaala nga omwaana agheereibwa omukisa okweegezaamu, nibwekyisinga kuba kyangu omwaana okweekolera ebintu mweene

8

Okuyamba omwaana okweeliisa

Singa omwaana asobola okuyamba yeeriisa mweene, nibwekaba katono kati, twenda okumusobozesa okweegezaamu. Leka tulowooze kumagezi/ebidhuubo kungeri gyetusobola okukyanguwiza omwaana okweeriisa



Taagho/ghanika ebifaanhani era mukubaganhie ebiwoozo kungeriki gyetuyinza okukyanguyiza abaana okweeriisa





EBYO'KUNHWA EBIZITO BISOBOLA OKUYAMBA

Abaana abalina obukaluubirivu mukulya nho'kunhwa, batera okut-waala eibanga ighanvu okumira. Bwo'kozesa ebyo'kunhwa ebizitowa era nga bigya mpola kyisobola okuyamba, nga kyino kyisobozesa omwaana okuba nhe'biseera ebimala okumira. Kyino kyitegeeza nti omwaana alina emikisa mitono okololakolola nga tatoolaku era aba nho'mukisa okweega okunhweera kukyikopo bulungyi

9

Okunhweera kukyikopo

Buti nga bwetweeze kukuliisa omwaana alina obulemu obuva kubukosefu kubwongo, leka tweege/tusome kungeri gyetuyinza okuyamba abaana okunhweera kukyikopo mubwangu



Bwe ndugha ekyikopo ekyaabuugyi/yogati nhe'kyaamaadhi, kyikopon kyi ekyigya okuyuyika amangu?

- Amaadhi



Singa omwaana atwaala ekyiseera kyighanvu okumira, kyimubeera kyangi okumira ekyintu ekyigya amangu oba empola?

- Empola



Inhonola lwaakya ebyo'kunhwa ebigemu biyamba inho omwaana atwaala eibanaga/ekyiseera ekyighanvu/ekyinene okumira



Osobola okulowoozaayo ebyo'kuboneraku nga byaakunhwa ebigemu byetusola/byetuyinza okukozesa

- Yogati nga mutabule nha'mata oba amaadhi
- Buugyi nga mutabule mumata oba amaadhi
- Buugyi omughegheevu
- Supu omugemu nga aziramu bitole
- Ebibala nhe'iva eryaamakoola nga babiseire byafuuka kyilala

- Bwookola ekyo'kunhwa ekyigemu, kakas anti tiikyigemu inho nga tikyigya/tikyirumuka nga ofundiike ekyikopo. Kyirina okugya/okuyuyika mpo la nga okyuusiiza ekyikopo



OKUNHWEERA KUKYIKOPO

1

Nga okaali kutandiika, omwaana atekwa kuba nga atyaami-siibwa bulungi okusobola okunhwa nga omutweegwe tigukyuuka kwiira inhuma

2

Tta omunhwa gweekyikopo kumunhwa gwo'mwaana og-waaghansi ogye nga okyikyusa mpaka ekyokunhwa ekyirimu bwekyina koonna nsaya/kuminhwa. Tota bute kyikopo kumunhwa gwa'mwaana era omusuubire okusobola okumira byo'likumun-hweesa.

Kyamugaso inho okumala gaba mwiikaikamu era olinde omwaana atambuze eminhwaagye oba atandike okusika /okuwuuta okuva mukyikopo. Einhwa gyaibwe bwegyi-wulila nti ghaligho ekyo'kun-hwa gyigheereza obubaka kubwongo, naye obubaka buno bu-sobola okutwaala ekyiseera kyighanvu/ibanga ighanvu

3

Omwaana bwaatatandiika kutambuza minhwaagye, toy-ongera kukyuusa kyikopo. Mala galeka omwaana anhwe ekyo'kunhwa ekyikoonhie kuminhwaagye memale otooleyo ekyikopo okutuusa nga amize ekyo ekyiri mukanhwa. Memale oize ekyikopo kuminhwaagye.

Laga ekyibingya ekyikopo ekyisale kyaaku bwekyifaanana



Lwaakyi olowooza nti kiyamba okukozesa ekyikopo ekyisaliibwaaku

- Ghabaagho oluta okuva kunhindo eyo'mwaana, kale osobola okukyuusa ekyikopo nga omwaana takyuusiiza mutweegwe kwii-ra inhuma
- Osobola okubona mukyikopo, ekyitegeeza nti osobola okupima ekyigero kyi ekyo'kunhwa ekyiri kugya mukanhwa ko'mwaana

Buti katubone ngeri kyi gyetusobola okuyambamu omwaana alina obulemu obuva kubukosefu kubwongo okunhweera kukyikopo:



Taagho/ghanika ebifaanhani kyilala kukyilala era oinhonole buli kyifaanhani nga okaali kwe'yongerayo/kugya mumaiso



Lwaakyi olowooza nti kyamugaso okulinda omwaana okutambuza eminhwaagye, mukyifo ekyo'kuyugha obuyughe ekyo'kunhwa mmunhwaagwe

- Singa abaana baba nga tibagheereibwa mukisa okukozesa eminhwa gyaibwe/ ensaya dhaibwe nho'munhwa, baida kugheesa obusobozi bwaibwe okukozesa eminhwa/ensaya dhaibwe nho'kunhwa kwiida kufuuka kuzibu inho era nga kwaabulabe



EMIRIMO

- Mukole emirimo babiri babiri
- Omuntu asooka nhaalabirira ate owundi nho'mwaana
- Alabirira atekwa kutabula amaadhi matono mubusse/buugi/yogati alekeibwa muyikopo era amale ayambe omwaana okunhwa
- Koba abaana nti bateekwa kweefuula nga omwaana alina obuzibu mukunhwa – bateekwa kulindaku obutikitiki butono nga ekyo'kunhwa kyiri kuminhwagyaibwe era batambuze katonno eminhwa gyaibwe basobozese ekyo'kunhwa okugya munda
- Memale abantu ababiri ababiri bakyuusaganhye emirimo buli muntu akoleku nga omwaana.

Buti katweegezeemu kukyino nga tuli babiri babiri

Oidha kweetaga/kwenda



Saba omusawogho akuyambe kukyino kuba kyisobola okuba ekyizibu okukola muntandiika/mukusooka era nga okweegezaamu okumala

Kebera/buuza oba ghaligho ekyibuuzo kyona kyona

Obubaka obukulu

Okukozesa ebyo'kunhwa ebigemu kyisobola okwanguyiza omwaana okunhwa

Ekyikopo ekyisale kyaaku kiyiamba omwaana okunhwa nga takyuusiiza mutweegwe kwiira /kulinga inhuma

Kyamugaso okulinda omwaana okukozesa ensaya/eminhwaagye

Leka/ikiriza omwaana anhwe butono butono buli bwaanhwa

Saba omusawogho akuyambe ekweegezaamu



OKUYAMBA ABAANA ABAKENENUKA AMALUSU / OLULEKE

1. Kozesa olugalolwo okuva kukalevu nga olwiiza eitale/ghaigule okuyamba olusaya/omunhwa ogwaaghansi okweigala, singa omwaana asobola okukyikola mweene, kale muleke akyikole nga bwekyiri mukifaanhani/bwekyiragiibwa mukifaanhani
2. Tta ekyintu ekyigheghere ghagati minhwa gyo'mwaana nga gyee-wumbyeeuku. Balina okukyikumira agho nga tibakyiruma namainho ghaabwe
3. Koba/saba omwaana agezeeku akube diikiisi nhe'minhwaagye. Singa tibaidhi ngeri yaakukyikola, kale balage era bakole kyo'koze.
4. Omwaana munhweekeze mukaseke oba kapaipu akagheghere. Era boona basobola okufuugha mukaseke

10 Okuyamba omwaana akenenuka amalusu / oluleke

Abaana abalina obulemu obuva kubukosefu kubwongo balina ebizibu bilala/ebifaanana mukufuga eminhwa gyaibwe nga bwebafuga emibiri gyaibwe. Abaana abandi eminhwa gyaibwe gyikambala era nga tigyeigala/tigyeewumbaku, abaana abandi eminhwa gyaibwe gyitambula/gyinheena inho, oba emiziisa egyeetooloire eminhwa gyiyinza okuba nga gyaalekula kale eminhwa gyaasigala nga gyaasaimi/miigule. Singa omunhwa guba mwiigule/gwaasaimi ekyiseera kyona kyona, omwaana alina emikisa mingyi okudhuluuda/okukenenuka amalusu/oluleke. Nga abaana bwebega okugaaya nho'kulya nho'kunhwa bulungi, nho'dhuluuda/okukenenuka amalusu/oluleke kwiida kukendera nga bwebagya nga bafuga bulungi ensaya/eminhwa gyaibwe, beege okuwumbaku eminhwa gyaibwe nho'kumira. Singa omwaana adhuluuda/akenenuka amalusu/oluleke, twenda okubayamba badhuluude/bakenenuka amalusu/oluleke lutono/malusu matono era tusobola okukola kyino mungeri eyo'kubasanusa.



Taagho/ghanika ebifaanhani era mugheedaganhe amagezi kungeri eyo'kuyambamu abaana abadhuluuda/abakenenuka amalusu/oluleke





OKUYAMBA ABAANA ABADHULUUDA / OKUKENENUKA AMALUSU / OLULEKE

5. Mansira/siiga omubisi ogwenduchi oba ekyintu ekyeefaanaaniriza kumbali gho'munhwa oba ghansi gho'lusaya/gho'munhwa.
6. Omwaana atekwa kukombaku omubisi ogwendochi nga atambuza olulimi bumbali kwo'munhwa



Kunkomerero eyo'kulya twiida kusiimuula mumai-so gho'mwaana oba tubaghe akagoye beesimuule beene. Kyamugaso mungeri dhombi okulowooza kungeri gyetusiimuulamu omunhwa gwo'mwaana. Singa tusiimuula busimuule, tuleetera omwaana okwongera okudhuluuda/okukenenuka amalusu/oluleke, kubanga tuba tuli kusiimulagho amatanta, mukyifo ekyo'mwaana okugamira nga bwetukola. Gyo'komya okusiimuula, omwaana gya'komya okudhuluuda/okukenenuka amalusu/oluleke.

Mukyifo kyo'kusiimuula, tulina okulegeka akagjero kumbali kwee feesi aghali omunhwa/ensaya, okusobola okusiimuula/okukaza amalusu/oluleke olugyiire mumaiso/kuluba. Bwetuniiniiga akaghero mumbali gheefeesi okumpi nho'mumhwa, tusobola okuyamba okuwumba ku minhwa gy' omwaana asobole okumira amatantaghe.



Obubaka obukulu

Abaana bangy abalina obulemu obuva kubukosefu kubwongo balina obuzibu obwokudhuluuda/kukenenuka amalusu/olulke

Tusobola okubayamba okukendeeza odhuluuda/okukenenuka amalusu/oluleke nga tukozeza emirimo abaana ghebalina okukozeza ensaya/eminhwa gyaibwe mungeri edhendhawulo

11 Okulya obulungi

Kyamugaso omwaana alina obulemu obuva kubukosefu kubwongo okuba omulamu era buti tugya magezi/endowooza edhimu ediyamba kundy enungyi

Ekyisooka, abaana balina okuliisibwa emere ntontono ghagati gh'emirundi etaanu ku mukaaga olunaku, tii mirundi esatu nga emere nningyi



Lwaakyi olowooza nti kyino kiyiamba omwaana?

- Abaana balina endha ntono era nho'lweekyo endha dhiidula/baiguta mangu era baalumwa endala mangu

Kubaana abalina obulemu obuva kubukosefu kubwongo okuba abalamu, tweetaaga/twenda okukola buli kyiiwulo nga kyaamugaso era tusobola okukola kyino nga tukakasa nti tubagha ekyitono eino ekyika ekeemere kyilala okuva buli mukyika kubika ebyeemere bulilunaku. Engeri eyo'kukolamu kyino nho'kwawula musoghaani ebighayi/ebitundu bisatu nga buli kytundu/kighayi ekye'soghaani kyilimu emere nga efaanana bundi oba kyika kyindi

Taagho / ghanika ekyifaanhani okulaga ekyo'kuboneraku





EBIKA EBISATU EBYE'MERE

Ghaligho ebika bisatu ebye'mere ebikulu nga byaamugaso kumuntu okuba nga alya bulungyi.

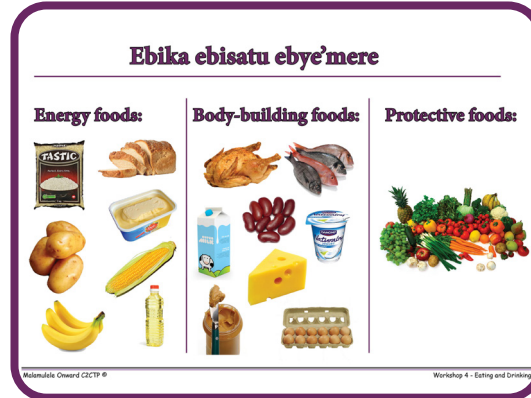
Omuteeko ogusooka tulina emere egha amaanhi okubona nti abaa-na basobola okuzaana era baasoma. Enho nhe'mere nga omugaati, duma, omucheere, bwiito, bulu-bandi, ebiva ebyaakyilagala, amatooke. Baghe eemu kummere enho buli kukyiiwulo.

Omuteeko ogwo'kubiri tulina emere ezimba umubiri okubona nti abaana bakula. Enho nhe'mere nga amata, kawo, omuzigo, engage, enkoko, ebidandaali, kyiizi, yogati, amagyi. Baghe ntono kweeno mulundi mulala oba ebiri olunaku.

Omuteeko ogwo'kusatu tulina emere ekuuma omubiri okulwaanisa obuwuuka. Enho nhe'mere nga ebibala nhe'iva eisoga eryaakanogebwa. Baghe ekyino einho ekyibala kyilala, akalegete keiva lyaa kyilagala, omuchungwa wakyili omulundi mulala bulilunaku.



Taagho / ghanika ekyifaanhani era kyikozese okwiinhonola ebika ebisatu ebye'mere



Kyamugaso nti abaana abalna obulemu obuva kubukosefu kubwongo ban-hwa amaadhi mangyi omusana. Okuyamba omwaanagho okutambula buli lu-naku, okubagha ebibala, neiva eisoga elyaakanogebwa, nha'maadhi amangy, baidha kufunha obuzibu butono obwo'mundha okweesiba



Osobola okulowoozayooku emere etali nungyi?

Nga buli oomu amaze okugha ebidhuu-bobye, taagho/ghanika ekyifaanhani era okobe yona yona gyebatakobye



Amagezi agandi agasobola okuyamba galinti singa olikugya okula enkyuukakyuuka munda ya yo'mwaanagho, oidha kweetaaga okukola enkyuukakyuuka mpola



OKUKYUUSA ENDYA YO'MWAANA

Ensobi esooka enene abazaire gyebakola nga bagheereibwa am-agezi kundy a yo'mwaana ghaibwe, erinti bakyuusizaagho kyebaliisa omwaana. Kyino kyireetera omwaana okuniiga kubanga mubwangu obweekyitalo tibali kulya emere gyebabaire banhaliliire era singa ekyigero kye'mere kyikendeezebwa mubwangu, omwaana aidha kuwulira endhala/kulmwa endhala

Twenda okukola enkyuukakyuuka kundy a yo'mwaana mpola okusobozesa omwaana okuba nhe'biseera okunhalilira endya empyaaka



EKYO'KUBONERAKU EKYINDI:

Singa omwaana yamanhililira kunhwa byaakunhwa biwolu era twenda banhwe amaadhi, titusobola mubwangu kutandiika kubagha maadhi gonka nho'kubaima ebyo'kunhwa ebiwolu. Tusobola okukyuusa endya mpola nga tusooka kutabula ekyo'kunhwa ekyiwolu nha'maadhi amatono okukendeeza kubuwoomi. Memale buli wiiki tusobola okwongeramu amaadhi mukyo'kunhwa ekyiwolu okutuusa nga ekyo'nhwa kyirimu akawolu katono/akainogoga katoo



Inhonola lwaakyi kyaamugaso okukyuusa endya eyo'mwaana mpola mpola



Kale singa omwaana yanala kunhwa ebigyiko bina ebyasukaali mu buugyi oba yogati, ogya kukyuusa otya endya eyo'mwaana empola mpola aboneke nti anhwa buugi oba yogati nga aziramu sukaali?

- Tandika okubagha ebigyiko bisatu bisatu ebyasukaali, oluvain-uma lwa wiiki esooka baghe ebigyiko bibiri bibiri ebya sukaali, memale mu wiiki eiraku baghe kigyiko kyilala kyilala ekyaasukaali, memale mu wiiki eiraku obaghe kytundu kyaakyigyiko ekyaasu-kaali, memale olekele okubateeramu sukaali



Mughaanisaganye ekyo'kuboneraku ekyindi nhe'kyibinja

Kebera / buuza oba eriyo ebibuuzo ebindi

Obubaka obukulu

Abaana balina okulya ebiiwulo 5-6 olunaku

Kyaamugaso abaana abalina obulemu obuva kubukosefu kubwongo okulya ezimba omubiri nga eva mubika ebyemere byona byona ebisatu

Balina okunhwa amaadhi mangyi

Balina okulya amawolu lulala lala

Tulina okukola enkyuukakyuuka kundyayo'mwaana mpola mpola



OKUSENHIA AMAINHO GHOOMWAANA

- Nga omulimo ogundi bweguba, omwaana atekwa kutyaamisibwa bulungi nga aghaniriirwa ekyimala ighe okusobola okusenhia amainhoghe. Kozesa akagaali ko'mwaana bwaaba alinako
- Kyikwanguyira inho singa oba nhe'meeza embeli gho'mwaana nga olina ekyikopo kya'maadhi nhe'kyikebe akyookufuudhamu
- Kozesa obulezi bwaamainho butonho bwonka (nga bwaaga mpeke), kale kiyinza okuleetera omwaana okwongera okuluudya amalusu. Era kyoona kiyiyamba okukozesa omuswaakyi oguziraku bulezi, okusinga oguliku obulezi obuwuna
- Nga bwooyamba omwaana okulya era ghaamughanirira oluba, kale oteekwa kughanirira oluba nga olikusenhia amainho gho'mwaana
- Singa omwaana ageezaaku okuluma omuswaakyi, leeta omuswaakyi kumainho gho'mwaana okuva mumbali okusinga okuva emberu
- Yogera nho'mwaana ekiseera kyona kyonanga ali kusenhya amainho

10 Kusenhia amainho gho'mwaana



Osenhia amainho gho'mwaanagho buli lunaku?
Olina kyegheebuza kyona kyona nga olikusenhia amainho gho'mwaanagho?

- Tomusenhia kubanga omwaana aluma omuswaakyi
- Ekyibunho kyo'mwaana kyivaamu omusaayi
- Nheghaliikirira omwaana okumira obulezi obwaa mainho

Leka tulinge kundowooza edimu edhiyinza okuyamba okusenhia amainho gho'mwaanagho



Inhonola edhimu kundowooza mukusenhia amainho gho'mwaanagho



Abaana abalina obulemu obuva kubukosefu kubwongo balina emikisa mingyi inho okuba nha'mainho amavundu, kubanga kyizibu okumala emere mukanhwa oluvainhuma olwo'kulya. Noolweekyo, kyaamugaso okusenhia amainho gaibwe ekyito einho emirundi ebiri olunaku okuziyiza amainho okuvunda, nga kyino kyiida kuleettagho obulumu



Buti omusomo gutuuse kunkomelero, eliyo omuntu yena yena alina ekyibuuzo kyona kyona nga tukaali kwii-galawo?



Nga tumaze okusoma kukulya nho'kunhwa, kyi kyo'gya okukola ekyendawulo nga oizeeyo eeka?

Bitu/soma mukatabo akaabazaire nhe'kyibigya era okebere/obuuzo oba ghaligo ebibuuzo byona byona ebigema kukatabo aako

Igalagho omusomo era okakase inti buli muntu awulira nga ebibuuzo byaibwe biriibwaamu.

5

Empulizigania

Omwaana wange nhinze okutee-
geragana

Names:	Describe:
Actions:	

OLUPAPULA OLULIKU EBIIRIBWAAMU / EBYO'KWIIRAMU

Names:	Describe:
Actions:	

Ebikozesebwa

Kulwo'musomo guno mwiida mweetaaga / kwenda



Olupapula olunene



Ekyikalaamu



Omupiira



**Olupapula olunene nga lukubiibwaaku olupapula olu-
liku ebyo'kwiiramu x 2**



Empapula (lulala buli bantu babiri babiri)



Bairo / empaandiiso(ndala buli bantu babiri babiri)

1

Tusangaire

Sangaaza buli muntu mukyibingya era okase nti batebenkevu nga okaali kugya mu-
maiso / kwe'yongerayo



Nga okaali kutandiika musomo guno, kyintu kyi kyeghayega okuva mukusomo ogwaagha ogwaali gugema “kukulya nho’kunhwa” era ngeri kyi gyo’gukozeisa awaka?

2 Ebiviiremu

Taagho / ghanika ebiviiremu mubib-itemu nga muli ghalala dhe'kyibingya

Workshop 5 - Ebiviiremu

- Kyi kyetegeeza dhe'mpuliziganhia
- Engeri edhendhawulo dhetusobola okuwuliziganhyaamu
- Engeri kyi gyo'sobola okukubiriza omwaana alina obulemu obuwa kubukosefu kubwongo okuwuliziganhia na'bandi
- Ngeri kyi gyo'yinza okuyamba omwaana alina obulemu obuwa kubukosefu kubwongo okutegeera amangu / bulungyi
- Ngeri kyi gyo'yinza okuyamba omwaana alina obulemu obuwa kubukosefu kubwongo okwogera obulungi
- Okuyamba omwaana okukozesa obubonero

Malamulele Onward C2CTP ©

Workshop 5 - Communication

Abaana abalina obulemu obuwa kubukosefu kubwongo tibasobola kwo'gera aye bakaasobola okuwuliziganhia niife era tusobola okusoma/okweega ngeri kyi eyo'kubagha emikisa okuwulizigahnia niife okuna nti tubategeera bulungyi

Bino ne'bintu byetulikugya okwo'geraku olwaaleero:

- Kyi kyetegeeza dhe'mpuliziganhia
- Engeri edhendhawulo dhetusobola okuwuliziganhyaamu
- Engeri kyi gyo'sobola okukubiriza omwaana alina obulemu obuwa kubukosefu kubwongookuwuliziganhia na'bandi
- Ngeri kyi gyo'yinza okuyamba omwaana alina obulemu obuwa kubukosefu kubwongookutegeera amangu / bulungyi
- Ngeri kyi gyo'yinza okuyamba omwaana alina obulemu obuwa kubukosefu kubwongo okwogera obulungi
- Okuyamba omwaana okukozesa obubonero

Gabanhia ekyibingya mu bantu babiri babiri era obakobe nti baida kusigala nga bwebali nga tukola emirimo gyona gyona mumusomo guno. Memale oghe buli bantu babiri babiri ebairo nho'lupapula.

3 Empuliziganhia nikyi?

Taagho / ghanika ekyifaanhani



?

Kyi buli muntu ali mukyifaanhani kyaali kukola?

- Omuntu mulala alikwoogera
- Kyi ekyirigho / ekyiri kukolebwa mukyifaanhani kyino?

Taagho / ghanika ekyifaanhani



?

Kyi ekyirigho/ekyiri kukolebwa mukyifaanhani kyino?

- Omusomesa alikwo'gera era yaagha amawulire
- Ekyibingya kyiri kuwuliliza, kutegeera nho'kusoma/okweega

OBUBAKA OBUKULU

Empuliziganhia nhigyetukozesa okufuna/okutuusa obubaka kubuli muntu era ghaligho ebitundu bibiri ebye'mpulizigahnia: (i) okuwa obubaka (ii) okutegeera.

Idhukira nti neghankubaire omwaanagho tasobola kwo'gera, bakaasobola okuwuliliza era ba'tegeera

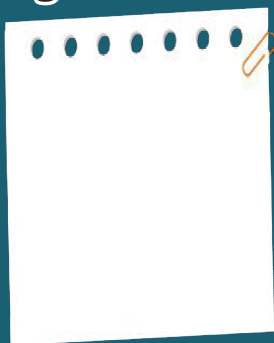


OMULIMO

- Mukole emirimo babiri babiri
- Omuntu mulala aidha kuba aghaayo obubaka nho'wundi aidha kuba afunha obubaka
- Kobera abantu abibiri ababiri nti omuntu alikughaayo obubaka alina okukobera mwiine gwaaghangaala naye awaka AYE tibaikirizibwa kwo'gera oba okughandiika
- Omuntu owundi asobola okwo'gera okugezaaku era okutegeera kyi mwiine kyaalikukoba

4 Engeri edhendhawulo dhetusobola okuwuliziganhyaamu

Oidha kweetaaga / kwenda:



Ngeri kyi edhendawulo dheghakozesa mukuwuliziganhia?

- Kwaagananhia maiso
- Maloboozi oba ebivuga/ebikoona
- Okukola obubonero nga okozesa emikono
- Okusonka nga okozesa emikono
- Okwiikiriza oba okuloba nga okozesa omutwe
- Okukozesa omubiri okwo'gera

Ghandiika buli kyidhuubo kyamuntu



Lowooza kumwaanagho. Kyigero kyi omwaanagho kya'tegeera era ngeri kyi gye-bawuliziganhia nhiighe?

Gha buli muntu ebiseera okughaanisiganhia era bongere ebidhuubo byaibwe kulupapula





LWAAKYI OMWAANA ALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO AY- INZA OKUFUNA OBUKALUUBIRIVU MUMPU- LIZIGANHIA

- Bayinza obutasobola kwo'gera naire
- Bayinzaokulafuubana / okaluubirirwa / okulwaana okwe'yogeraku ghaire nga bakoze emikono oba amaiso gaibwe
- Omwaana ayinza okusobola okwo'gera, aye kiyinza okuba ekyizibu okutegeera kyi kyaali kwo'gera
- Abaana abandi tibategeera inho kubanga basoma / beega mpola era bayinza obutamanha kwo'gera
- Abaana abandi basobola okutegeera bulungyi, aye tibasobola kwo'gera kubanga balina ebuzibu nhe'miziisa egye'tooloire eminhwa gyaibwe

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Lwaakyi omwaana alina obulemu obuva kubukosefu kubwongo balina obukaluubirivu mumpuliziganhia



Lwaakyi olowooza nti omwaana alina obulemu obuva kubukosefu kubwongo ayinza okuba nho'bukaluubirivu bwaba nga alikugezaaku okuwulizigahnia nha'bandi?
Idhukira nti empuliziganhia etwaaliramu okwo'gera nho'kutegeera



Linda buli muntu agheeyo ebidhuuboby. Memale oteegho/oghanike ekyifaanhani era oinhonole ebiiriibwaamu

Lwaakyi omwaana alina obulemu obuva kubukosefu kubwonga ayinza okufuna obukaluubirivu mumpuliziganhia

- Bayinza obutasobola kwo'gera naire
- Bayinzaokulafuubana / okaluubirirwa / okulwaana okwe'yogeraku ghaire nga bakoza emikono oba amaiso gaibwe
- Omwaana ayinza okusobola okwo'gera, aye kyiinza okuba ekyizibu okutegeera kyi kyaali kwo'gera
- Abaana abandi tibategeera inho kubanga basoma / beega mpola era bayinza obutamanha kwo'gera
- Abaana abandi basobola okutegeera bulungyi, aye tibasobola kwo'gera kubanga balina ebuzibu nhe'miziisa egye'tooloire eminhwa gyaibwe

OBUBAKA OBUKULU

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo bawuliziganhia nha'bantu abandi era bona bona bakoza engeri edhendawulo okwikola, neghankubaire / waire tibasobola kwo'gera



OBUMANHIRIVU / OBUKUGU OBWO'MU- GASO BWAAMIRUNDI EBIRI OBUSOBOZESA EMPULIZIGANHIA OKUBAAGHO:

Okwe'tegereza okwa'ghalala

Okuva kuntandiikwa, abaana batabagana nho' omuntu owundi oba ekyintu . Okwe'tegereza okwa'ghalala nho'mwaana nho'muntu owundi okulinga kukyintu kyilala mukyiseera kyilala era ghaligho entegeera ghagati gha'bwe bombi eraga nti bombi benda / balaze okwenda ekyintu. Singa omwaanagho ayenda ekyintu aidha kugeezaaku akyikubonese/okyiringeku. Asobola okukozesa amaisoghe okukulingaku memale yaalinga kukyintu era yairamu okukulingaku okukulaga nti ayenda ekyintu ekyo. Oba asobola okusikiriza nga asonka kukya'yenda. Omwaana ayinza okutambula yaida gyooli era yakugema kumukono okukutwaala kukyintu kya'yenda. Dhino dhona dhona ngeri dha'mpuliziganhia era nhe'dhibitibwaamu mukwe'kenhenhia okwa'ghalala.

Okwiidura ghaligho ekyintu ekyikaaligho ghaire nga titukyibona

Abaana bwebaba abato, singa tutwaala / tutoola ekyupa yaabwe twaagyita ghansi ghe'bulangiti, tibaidha kugyinhoodhia. Kyino kyibaagho kubanga bwebaba nga tibagyibona, tibasobola kwiidukira nti erigho. Enho nhensonga lwaakyi piii-eee-booo muzaano ogubasanhusa. Abaana bwebaba nga bakulumu, singa tutwaala / tutoola ekyupa yaabwe twaagyita ghansi ghe'bulangiti, baidha kwiidukira nti ekyupa ekaaligho era baidha kugyinhoodhia.

6

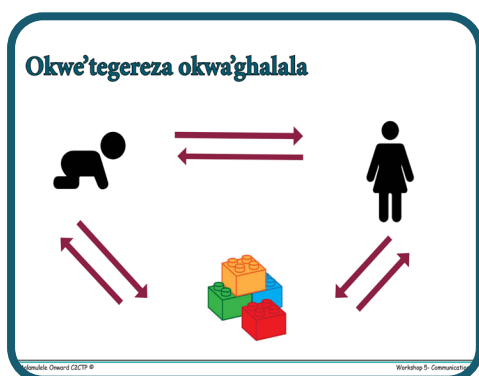
Engeri kyi eyo'kukubiriza omwaana alina obulemu obuva kubukosefu kubwongo okuwulizaganhia nha'bandi

Abaana abalina obulemu obuva kubukosefu kubwongo okuwulizaganhia nha'bandi mungeri edhendhawulo era balina okusoomozebwa okwendhawulo mumpulizaganhia. Nho'lweekyo, twenda okusoma ngeri kyi gyetuyinza okuwulizaganhia nabo okubona nti tusobola okukulankulanhia empuliziganhia yaibwe era tubayambe okwe'ga.

Ekyifo ekyisinga mugaso okutandikiraku nho'kweikirikiza nti omwaana asobola okuwulizaganhia nha'bandi era balikugezaaku okuwulizaganhia nha'bandi-tuteekwa kweega ngeri kyi gyetuwuliliza era gyetutegeera kyi kyebalikutukoba. Ekyo'kuboneraku, omwaana bwa'sooka okulira, aba alinikyaali kukutegeeza, aye titutegeera kyi kyi kyaali kugezaaku okutukobera. Aye bwetumala ekyiseera nga tuwuliliza era twaagezaaku okutegeera omwaana kyaali kutukoba, tutandika okweega / okusoma kyi kyi okulira okwendhawulo kyekutegeeza era enho nengeri empuliziganhia bwe'tandiika okukulankulana. Tulina okukola ekyifaanana kyityo kubaana abalina obulemu obuva kubukosefu kubwongo, kubanga buli kyiseera baba nga balina kyebali kukoba / kututegeeza / kutukobera, tulema buleme okutegeera kyi kyi kyebali kutukoba. Katulinge ku magezi/bidhuubo ebimu byetubitamu okukubiriza omwaana okuwulizaganhia na'bantu.



Taagho / ghanika ekyifaanhani era oinhonole obukugu obwe'mirundi ebiri abaana bwebwe'taaga mukusobola okuwulizaganhia



Twenda okwe'tegera okwa'ghalala nho'muntu owundi singa twenda okuwulizaganhia nabo. Ekyo'kuboneraku singa nenda okusaba omuntu okumpereza omupiira, ne'taaga / nenda okusobola okusikiriza omuntu oyo era ninge kumupiira. Era nenda / ne'taaga okwiidukira nti omupiira guligho, ghaire tirikugubona. Singa tyekyo, tiida kugusaba.



OKUYAMBA ABAANA OKUKULANKULANHIA OKWE'TEGEREZA OKWA'GHALALA

Muntandiika, abaana bawuliziganhia nhiife nga babita / babitira mukulira, aye tibo'gera namuntu, balira bulire. Memale awo tusobola okuwuliziganhia nga buli muntu ali tibatabagana nga "oh, olikunkoba nti endala erikukuluma?" era era twa'bona singa tuli batuufu nga tugha abaana ekyupa

Nga abaana bwebakula, batandiika okulinga kubintu. Omwaana bwa'linga kukyintu, ekyo'kuboneraku bwa'ba atyame mukagaalike era ya'linga ku tolofaina / TV, osobola okukoba: "ndikubona nga olikulingilira tolofaina / TV". Memale oteeku tolofaina / TV. Kumutendera guno tiwiidhi oba omwaana mubutuufu ayenze tolofaina / TV ebeeku, aye tuli kumweegeresa / kumusomesa nti okulingirira tolofaina / TV kyitegeeza nti ayenda ebeeku.

Omwaana bwa'mala okutegeera kyino, tusobola okumusuubira okukozesa okulingilira okutegeeza nti ayenda tolofaina / TV ebeeku. Singa ekyiseera ekyindi asalagho okulira kubanga ayenda tolofaina / TV ebeeku, togyitaaku. Mulage nti kyonka kyonka kya'lina okukola kugyilingaku era lubeerera taaku tolofaina / TV buli mwaana bwa'gyiringaku ya'mala ya'kulingaku.

Ebiseera ebindi oyinza obutabona nti alikugyilingilira, kale ayinza okukola amaloboozi oba okulira omuteeku ebirowoozo, memamle ya'linga kutolofaina / TV okulaga nti alikugyenda ebeeku era oidha kugyitaaku. Kuno nho'kwetegereza okwa'ghalala kubanga mwembi mutabaganha nhii tolofaina / TV.

Engeri eyindi eyo'kuyamba omwaanagho nho'kweetegereza okwa'ghalala nho'kutandiika nhe'kyidoli oba ekyo'kuzanisa kyeenda inho. Omwaanagho musikirize akuteeku ebirowoozo nga omweeta eriinhalye, oba okumugemaku kukyibega, oba okubalaga ekyidoli / ekyo'kuzanisa, ekyo'kuboneraku, singa ekyo'kuzanisa mupiira, okukoba "lingilira! Bona omupiira? Tuzaane nho'mupiira". Oyenda okugezaaku era okuume omwaanagho nga ataire ebirowoozo kumupiira / ekyo'kuzanisa-ighe nho'mwaanagho bwemuba mwembi nga mulingiriire kya'kuzanisa / mupiira, muba mulina okwe'tegereza okwa'ghalala.

Leka tulinge kungeri gyetuyamba abaana okukulankulanhia okwe'tegereza okwa'ghalala nga tubita / tubitira mungeri gyetukolamu / gyetwiiramu kumpulizaganhia yaibwe



Inhonola era balage amagezi/ebidhuubo nga ghegezaamu okuyamba abaana okukulankulanhia okwe'tegereza okwa'ghalala.

Okusobola okukulankulanhia okwe'tegereza okwa'ghalala, kubiriza omwaanagho okukulingilira

Osobola okusikiriza omwaanagho okukutaaku ebiroghoozo nga:

- **Omwe'ta eriinhalye**
- **Omugemaku kukyibegakye/kwiibegalye**
- **Okozesa ekyo'kuzaanisa ekyireekaana**
- **Okozesa olubaagho oba ekyintu ekya'kayakana/ekyimirimiina**





OKUKOZESA EMPISA YA O-W-L

Abaana bwebaba obulemu obuva kubukosefu kubwongo baba nho'bukaluubirivu mumpuliziganhia, tutura bulikyiseera / okugyamumaiso nga tutandika empuliziganhia nha kwoogeranabo era nhakubakubiriza kuwulizaganhia nhiife. Empisa ya O-W-L etuyamba okukubiriza omwaana okuba nga awulizaganhia niife aghazira iffe kuba nga niife abatandise / abasoose okutandiika olughayo / okughaya. Mukyifo ekyaiife okukubiriza omwaana okutandiika olughayo / okughayaamu.

Empisa ya O-W-L etukobera okubona, okulingilira, okuwuliliza. Singa tulingilira omwaana, balinde bagezeeku era bawulizaganhie niighe era owulilise kyi kyebalikugezaaku okukoba. Tusobola okukola bino ghammanga okukubiriza empulizaganhia:

- Linda era oleke omwaana akulembele / atandiike empulizaganhia nga alikuzaana. Memale ogoberere omwaana nga ghe'yunga kumuzaanhogwe, nga ghe'kalilisa / ota ebirooghoozo kukya'li kuzaanha (idhukira okwe'tegereza okwa'ghalala)
- Koopa amaloboozi gho'mwaana, ebikolwa nhe'bigambo
- Gha endoghoozayo kubikolwa ebyo'mwaana nhe'bintubye bwaaba nga alikuzaana oba nga alikukola emirimo egyindi egya'buli lunaku nga okwambala oba okulya
- Singa omwaana agezaaku okuwulizaganhia niighe (nga okulingilira tolofaina / TV era ya'mala ya'kulingaku), inhonola ekyisingagho ku kyiky ekyirigho "ndikubona nti olikulingirira tolofaina / TV, ghandyenze nkutereeku tolofaina / TV?" - bwo'kola oti tuyamba omwaana okutegeera kyiky empulizaganhiaaye kye'tegeeza
- Kubiriza omwaanaokutwaala olughalo lwe nhiighe okukuuma empulizaganhia okugya mumaiso / okwe'yongerayo
- Linda era oghe omwaana omukisa okutandiika empulizaganhia niighe, mukyifo ighe bulimulundi/bulisaagha niighe otandika empulizaganhia



Taagho / ghanika ekyifaanhani era oinhonole empisa ye'mpulizaganhia ya O-W-L

OKUKOZESA EMPISA YA O-W-L

- Linda era leka omwaana akulembele
- Mweyungeeku mumuzaanogwe-ebilowoozo mubite kunyintu kyilala
- Koopa omwaana / kola byaalikukola
- Gha endowoozayo kweekyo omwaana kyaakola
- Iramu omwaana bwa'gezaaku okuwulizaganhia niighe
- Bulimuntu akole olughalo lwe
- Linda era oghe omwaana omukisa okutandiika empulizaganhia

Malamulele Onward C2CTP ©

Workshop 5 - Communication

Kebera / buuza bweghaba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Gheikiririzeemu nti omwaana asobola okuwulizaganhia.

Abaana beetaga okwe'tegereza okwa'ghalala okusobola okuwulizaganhia.

Abaana betaaga/benda okwiidhukira nti ekyintu kyirigho nga bakaali kukyibuuzo.

Tusobola okuyamba omwaana okukulankulanha okwe'tegereza okwa'ghalala nga tubita/tubitira mungeri gyetwiiramu empulizaganhia yaibwe.

Twetaga okukubiriza abaana okutandiika empulizaganhia



OMULIMO

- Gemera omupiira ghaigulu era obuuze ekyibuuzo

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Ngeri kyi gyetuyinza okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okutegeera obulungi

Buti tugya kusoma / kweega kukuyamba abaana okutegeera ebigambo bulungyi era twiida kutegeera / kusoma kukubayambaokwogelaobulungyi

Leka tutandike nga twoogera kukuyamba abaana okutegeera ebigambo

Oidha kweetaaga / kwenda:



Nenda ighe / imwe muloghooze alina obulemu obuva kubukosefu kubwongo era ngeri kyi gyebeega / gyebasoma kyi ebintu ebyendhawulo bwebabyeeta. Okugeza, beega batya nti guno mupiira?

- Okuva kwiife okwo'gera nabo nho'kubakobera nti guno mupiira
- Okuva kwiife okukozesa ekyigambo in sentensi / mubigambo nga "twaala omupiira" oba "kuba omupiira".

Bwetwoogera nho'mwaana mumizaano egyendawulo, twenda beega / basome ebigambo bingyi ebiyaaka. Titwenda bogere kumainha gonka age'bin-tu. Era tusobola okubainhonola ebisingagho nho'kwoogera kubikolwa byetu-sobola okukolanabo.

Singa tusobola okwo'gera, memale twa'kozesa ebigambo okuwulizaganhia nabo. Aye singa titusobola kwo'gera, nga mumuzaano ogusoose gwetukoze olwaaleero, tukozeza engeri edhindi okuwulizaganhia. Kubaana abalina obulemu obuva kubukosefu kubwongo abatasobola kwo'gera, kyizibu okwe'ga / okusoma ebigambo ebiyaaka nga obawuliliza. Kyino kyitegeeza nti singa twenda abaana okweega / okusoma okutegeera ebigambo ebiyaaka mubwangu, tulina okukozesa ebigambo nhe'ngeri edhindi edho'kuwulizaganhia.

Ekyo'kuboneraku, singa mbuuza omwaana oba ayenda ekyo'kunhwa, nsobola okusonka kukyo'kunhwa nga mukyiseera nhe'kyilala nga mubuuza-idhukira okwe'tegereza okwa'ghalala. Oba nsobola okulaga akabonero nga alikunhweera mukiyikopo nga bwembuuza. Era nsobola okukozesa emboneka ya'feesi yange nga bwembuuza. Era nsobola okulaga omwaana ekyifaanhani ekye'kyookunhwa okumubuuza oba ayenda ekyo'kunhwa kyona kyona. Gyo'komya okukozesa engeri edhendawulo okutuusa / okuwulizanhia ekyigambo, gyekyikomya okuba ekyangu eri omwaana okutandiika okwiidukira nho'kutegeera ekyigambo. Era, ebigambo birina amakulu mangyi nga tukozeisa emibiri gyaife oba ebintu ebindhi bwetubyo'gera.

Laga ekyibingya nga bwebakola kyino nga okozesa ebigambo bino ghamanga:

- Kyisiitaka
- Kyinhene
- Kyitiisa



OMULIMO

- Taagho/ghanika olupapula oluliku ebyo'kwiiramu kukyimante buli muntu okugoberere
- Kobera ekyibingya nti olikugya kubabuuza ekyibuuzo ekyigema kumupiira. Bwebairamu, tibasobola kukoba kyigambo kyonka. Basobola okyikoba aye bateekwa okukozesa emibiri gyaibwe gyo'na, emboneka ya feesi, ebikolwa oba ebifaanhani byo'na.
- Suulira omuntu omupiira ali mukyibingya era obabuuze ekyibuuzo ekyisooka era oghandiike byebaiizeemu kulupapula olubaaku ebiiriibwaamu.
- Memale osabe omuntu oyo asuulile omupiira omuntu owundi era osabe omuntu oyo airemu ekyibuuzo ekyo'kubiri
- Ghandiika ebiriibwaamu kulupapula era oiremu omulimo guno okutuusa bwo'naabuuza ebibuuzo byona byona

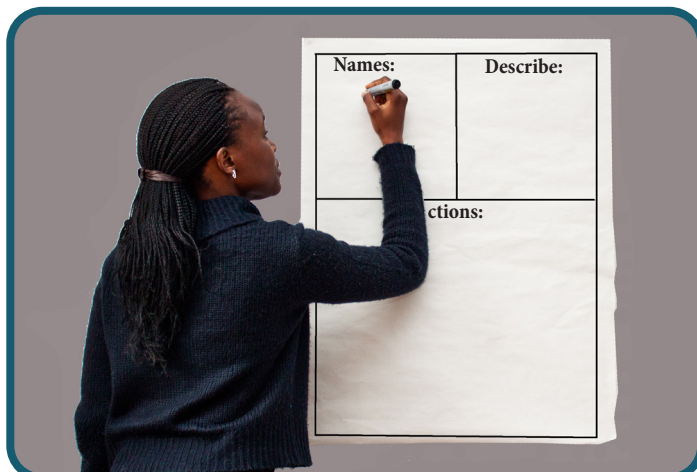
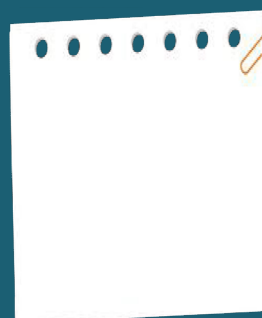
8

Kyiki kyetusobola okwo'geraku

Leka tulinge kumupiira era tugezeeku okwiiramu ebibuuzo ebindi ebigema kumupiira

Oidha kweetaaga / kwenda

Names:	Describe:
Actions:	



Tusooka kwenda / kweetaaga omwaana ategeere ekyintu (eri-inha elye'kyintu)

- Omupiira



Memale twenda okwiihnonola/okulaga bwegufaanana. Leka tut-andiike nhibwegufanana?

- nkulungo , kyenvu, gwaaka



Omupiira mugulila mutya?

- Mugumu, guliku ebiviiri, guliku ebigufulu / obubooli booli

Singa tulikwo'gera kukyika kya'mere, tusobola okwo'gera kubweeghooma nhi bwe'wuna.



Nga tumaze okwiinhonola/okula ekyintu bwekyifaanana, tusobola okwo'gera kubikolwa. Bikolwa kyi byo'ynza okukolesa omupiira?

- Okugubuusa, kugugema, okugusuula, okugulungula, okugukuba

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana bali kusoma/kweega ekyiseera kyona kyona okuva kubigambo byebawulira, kale kyamugaso iffe okwo'gera nabo.

Abaana bategeera ebigambo nga bakaali kutegeera ku-byo'gera, kale nhibwebaba nga tibasobola kwo'gera, tukaasobola okubayamba okutegeera ebigambo.

Ghaligho ebintu bingyi byetusobola okwo'geraku. Titulina kwo'gera bwo'gere bwebabyeeta

Tuteekwa kukozesa ebigambo nhe'ngeri edhindi dhona dhona dhetukozesa okuwulizaganhia okuyamba omwaana okutegeera bulungyi

Nga azaanisa omupiira, omwaana ayega ebambo bingyi ebyendhawulo



OMULIMO

- Taagha / ghanika olupapula olughndiikibwaaku byebairamu kukyimante buli muntu asobole okugoberera.
- Kobera ekyibingya nti oyenda balowooze kubiseera ebyo'kunaa-ba era nga ekyibingya bali kugya kukoze ebibuuzo okubayamba okulowooza kubigambo bingyi nga bwekyisoboka.
- Buuza buli kyibuuzo kyilala kukyilala buli mulundi era oghandiike amagezi / edidhuubo kulupapula olubaaku byebaizeemu
- Ghandiika amagezi / ebidhuubo byona byona kulupapula nga okaali kugya kukyibuuzo kyindi

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Okwo'gera kumirimo egyikolebwa buli lunaku

Mungeri nendala gye tulabirira omwaana alina obulemu obuva kubukosefu kubwongo nengeri eyo'bulamu, kale nho'kwo'gera nabo. Tusobola okwo'gera na'baana nga tulikukola emirimo gyetukola nabo buli lunaku. Leka tukoleyo ekyo'kuboneraku kukyiky kyetyuinza okwo'geraku mukyiseera ekyo'kunaaba.

Taagho / ghanika ebibuuzo byetubuuziiza mulimo ogusembye'yo.

Ebibuuzo:

1. Anainha:
Ekyintu bakyeta batya?
2. Inhonola/laga bwekyifaanana:
Kyifaanana kitya?
Okyiwulira otya?
Kyighooma kitya?
Kyiwinha kitya?
3. Ebikolwa:
Bikolwa kyi byetyuinza okukola nako?

Oidha kweetaaga / kwenda



Names:	Describe:
Actions:	



Names:	Describe:
Actions:	

Kuuma ebibuuzo ghaigulu kukyimante obikozese kumulimo ogwiiraku.

Twenda omwaana ayege / asome ebintu bingyi mumilimo emingyi egyikolebwa buli lunaku, tiimubiseera byaakunaaba byonka. Kale tulowooze kugyimu kumirimo egyindi gyetukola omusanha.



OMULIMO

- Mukole emirimo babiri babiri
- Inhonola nti buli bantu babiri babiri baidha kugheebwa omulimo og-wo'kulowoozaaku
- Balina / bateekwa okukozesa ebibuuzo ebiri kukyimante okubayamba oku-lowooza kubintu byona byona byebayin-za okwo'geraku nho'mwaana ghaibwe, nga omulimo guno gulikugya mumaiso / gulikukolebwa
- Ekyibingya ekyisooka kyiteekwa kwo'gera ku 'kuliisa', ekyindi kyiteekwa kwok'gera ku 'kwamba-la' nhe'kyibingya ekyo'kusatu kyite'kwa kwo'gera ku 'ku-zaana omuzaano'.
- Basobola okughandiika byebaizeemu okubayamba okwiidhukira
- Baghe edhaakiika ikumi okulowooza kumulimo gwaibwe.
- Memale era oize ekyibingya ghalala era osabe buli bantu babiri babiri okughan-isiganhia am-age-zi/ebidhuubo/endoghooza dhaibwe
- Nga buli bantu babiri babiri bwe-baghanisiganhia endoghooza dhaibwe, buuza/saba ebibingya ebisigaire bwebaba nga balina ekyintu kyona kyo-na ekyo'kwongeraku



ABAANA ABATASOBOLA KUBONA NHA'BATASOBOLA KUWULIRA

Okusoma / okwe'ga okuwuliziganhia kuzibu inho kumwaana alina obulemu obuva kubukosefu kubwongo nga tibabona bulungyi oba kuwulira bulungyi. Singa omwaana tabona oba tawulira bulungyi, twenda okubaleka okugema kubuli kyintu, kubanga emikono gyaibwe gyirina okukola nga amaiso nha'matu gaibwe. Singa omwaana tasobola kubona bulungyi, tusobola okubayamba okutegeera nho'kusoma / okweega nga bakozesa obintu ebindi nga okuwulira, okugema, okukombaku nho'kuwuniza.

Ekyo'kuboneraku:

- Mubiseera ebyo'kunaaba, leka omwaana awunize era ageme saabuuni era omukobere kyiky kya'gemye. Muleke ageme mumaadhi nga okaali kumu-naaza
- Nga olikumuliisa, muleke ageme ekyigyiko era awunize emere

**Oidha kweetaaga /
kwenda**



Nga tukaali kumaliliza ekyitundu kyino, leka tulowooze kubaana abatabona nha'batawulira bulungyi nangeri kyi gyetusola okubayamba okutegeera bulungyi.



Inhonola ngeri gyetusobola okuyamba abaana abatasobola kubona oba kuwulira bulungyi okutegeera bulungyi.

Kebera / buuza bweghaba nga ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Ghaligho ebintu byingyi ebyendhawulo byetulina okwo'gera na'baana baife nga tulikukola emirimo egyikolebwa buli lunaku gyetukola nabo.

Singa two'gera kubintu bino buli lunaku, omwaana omwaana aidha kusoma/kweega mpola okutegeera ebigambo bino.

Singa omwaana tabona oba tawulira bulungyi, twenda kukoze-sa ebintu ebindi okubayamba okwe'ga/okusoma



OKUGHA ABAANA OMUKISA OKWO'GERA

1. Tegeera omwaanagho bulungyi era nhoonya ngeri kyi gyebali-kugezaaku okuwulizagania na'bantu.

Bali kwo'gera bwo'gere bigambo oba bali kozesa bukozese maloboozi gaibwe? Basobola okukozesa amaiso gaibwe oba emikono gyaibwe okusonka? Basobola okukulaga "yyi" oba "bbe"?

2. Beete amainha gaibwe – funha okwe'tegereza okwa'ghalala. Bwo'ba oyogera nho'mwaanagho, sooka omukubirize okukulingaku nga omwe'ta eriinhalye era omugemeku. Era osobola okukozesa okubona kwaibwe okubasikira okukutaaku ebiwoozo nga okumyansa ekyaka oba okubalaga ekyintu ekyibanguyira okubona.

3. Babuuzze ebibuuzo

Gha omwaanagho omukisa akobe ekyintu kyona kyona nga omubuuzza ebibuuzo. Kumwana alikwo'gera- buuzza ebibuuzo ebimuyamba okulowooza. Kumwana atayogera, buuzza ebibuuzo ebye'taaga okwii-ramu yyi oba bbe.

4. Leka abaana balondeku

Gha omwana omukisa alonde ghagati ghe'bintu nga saati kyi gya'naayambala olunaku olwo.

5. Iramu buli mulundi

Iramu buli mulundi omwana bwa'gezaaku okukukoba ekyintu okubalaga nti oyenda okuwulila byebagya okukoba. Ekyo'kuboneraku: "ooh olikulingilira matooke, oagenda."

Ngeri kyi gyetusobola okuteree- za okwo'gera okwo'mwaana

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo ben-
da okuwulizaganhia nha'bantu ababe'tooloire. Buvunaanizibwa bwaife
okubagha omukisa oba ensonga okwo'gera nhiife. Waire bayinza obutasobola
kufulumya maloboozi, bakaasobola okwo'gera / okuwulizaganhia nhiife nga
babita / babitira mukukozesa emikono / amaiso, ebivuga nhe'mibiri gyaibwe.
Leka two'gere kungeri gyetuyinza okukola kyino.ww



Taagh / ghanika ekyifaanhani era obite buli mupoyinta ghalala
nhe'kyibingya

Okugha abaana omukisa okwo'gera

- Tegeera omwaanagho bulungyi era nhoonhya
ngeri kyi gyebali kugezaaku okuwulizaganhia
nha'bantu.
- Yeta amainha gaibwe - funha okwe'tegereza ok-
wa'ghalala.
- Babuuzo ebibuuzo.
- Baleke balonedeku.
- Iramu buli mulundi.

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Workshop 5 - Communication

Buti tulikugya kusoma / kweega kungeri gyetubuuza ebibuuzo okugha om-
waana alina obulemu obuva kubukosefu kubwongo omukisa okulondaku.
Ghaligho engeri nhingyi mubiseera ebye'misanha byetusobola okugha abaa-
na omukisa okulondaku. Basobola okulonda saati oba pajama / empale
gyebalina okwambala olunaku olwo, basobola okulonda kya'kuzaanisa kyi
kyebagema nga olikukyuusa endoobe / pampa dhaibwe, basobola okulonda
kyintu kyi kyebazaanisa oba lwemba kyi lwebenda oyembe / obembere. Leka
tukoze okulya nga ekyo'kuboneraku.



OKUGHA ABAANA OMUKISA OKULONDAKU

Kumwaana asobola okwo'gera, kyangu. Tubuuzabubuuze: "oyenda kulyaaki?"

Kumwaana atasobola kwo'gera, tusobola okubasobozesa okulondaku ghagati ghe'bika bibiri ebye'mere. Singa basobola okugyisonkaku, kyiba kytwanguyira okubona mere kyi gyebenda. Bwebaba tibasobola kugyisonkaku, agho tulina okulingilira nho'bwegendereza okubona oba bakozesa amaiso gaibwe okusonka oba batambuza emibiri gyaibwe okugya eri emere gyebenda.

Kumwaana asobola okulaga YYI/BBE, tusobola okubuuza: "oyenda kaloti?" oyenda enyama?" agho tulinha okulingilira nho'bwegendereza okubona kyebairamu. Basobola okuneenia emitwe gyaibwe nga baikiriza oba okwiikiriza, okutambuza emibiri gyaibwe oba okukyilaga kumaiso gaibwe.

Dhino nengeri dhona dhona dhetusobolelamu okugha omwaana omukisa okuwulizagania nhabantu.



NGERI KYI EYO'KUTAAGHO ENYO'KULONDAKU

Bwetugha omwaana ekyo'kulondaku tulina okuba baguminkiriza. Singa tugema bugeme ebyo'kuzaanisa bibiri ember / mumaiso gho'mwaana era balinga kukiylala, tituli bakakafu nti babwoine ebyo'kuzaanisa byombi. Kale twenda okusooka okubalaga ekyo'kuzaanisa ekyisooka, memale twaabalaga ekyindi, era memale twaabalaga ebyo'kuzaanisa byombi okuna nti omwaana aidhi byaali kulondaku bwebifaanana.

Twenda okukakasa nti tugema ebyo'kuzaanisa nga tibiri ghalala/ kumpi na kumpi okubona amangu kya'kuzaanisaki omwaana kyalikulingilira oba kyalikusonkaku. Singa omwaana alinga kukya'kuzaanisa kyilala kyonka, agho toolagho kyire ekyindi era okebere nga ekyo'kuzaanisa kyo'lina nhe'kyo kyeene omwaana kyalikwenda.



Taagho / ghanika ekyifaanhani era oinhonole ngeri kyi gyetughaamu abaana omukisa okulondaku

Okugha abaana omukisa okulonda

- Singa basobola okwo'gera: "Oyenda kulyaaki?"
- Singa tibasobola kwo'gera- baghe ebika ebye'mere bibiri balondeku. Basobola oku-sonkaku oba okukozesa amaiso gaibwe oba emibiri gyaibwe okukulaga mere kyi gyebenda.
- Singa basobola okulaga yyi / bbe- buuza" oy-enda enyama?"

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Workshop 5- Communication



Taagho / ghanika ekyifaanhani era oinhonole ngeri kyi gye'tulaga ekyo'kulondaku eri omwaana alina obukaluubirivu mumpuliziganhia.





OMULIMO:

- Buti londa omuntu okuva mukyibingya ye'fuule nga omwaana akozesa amaisoghe okuwulizaganhia nha'bantu
- Laga ekyibingya engeri gyetulaga omwaana ekyo'kulondaku



Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Kyamugaso okugha omwaana omukisa okukobayo ekyintu, nibwebaba tibasobola kwo'gera, kubanga singa titubagha mukisa kwo'gera, baida kulekera okugezaaku okuwululizaganhia nha'bandi.

Abaana bakoza engeri edhendhawulo okutukobera kyi kyebenda, aye twenda okulingilira nho'bwegendereza okubona kyi kyelikugezaaku okukoba.

Buli saagha/kyiseera fuba okubona nga omwaana akutaileku ebiloowoozo memale omubuuze ekyibuuzo.

Kakasa nga omwaana abweine ebintu byombi ebyo'kulondaku nga akaali kulondaku kya'yenda.

Ba mwiikaikamu era oghe omwaana ekyiseera.



OKUYAMBA ABAANA OKUSOMA / OKWEEGA OKUSONKA KUKYINTU

Okusonka kabonero kangu. Singa omwaana asobola okusonka kukyintu, kyiigulagho ebisoboka bingyi mumpuliziganhnia. Kyisobozesa omwaana okulondaku kubintu ebingyi nga ebifaanhani, ebifaanhani ebisiige, ebigambo oba ebintu byene byeene. Abaana bwebeega okutegeera ebisinga oba ebifaanhani, gyebakomya okuba ne'byo'kulondaku.

Singa abaana beega okusonka kukyintu kyebenda, basobola okweega ebifaanhani ebye'bintu ebyo kuba kyiba kyangu okufunha ebifaanhani okusinga ebintu nga olikugha omwaana ekyo'kulondaku. Singa tusobola okuyamba omwaana okusoma/okweega ebigambo, tusobola okubagha ebyo'kulondaku ebisingagho kubanga tughandiika bughandiike ebigambo bwetubyenda, mukyifo ekyo'kunho'nhia ebifaanhani.

Okwe'gezaamu okulondaku bya'yenda, osobola okusala ebifaanhani okuva memawulire era gha'bigemesa kukyitabo nhi gaamu. Nho'nhia ebifaanhani ebina'yamba omwaana okuwulizaganhia nhighe. Ekyo'kuboneraku, olupapula lulala luyinza okubaaku erangyi edhiri kungoye dho'mwaana. Agho bwo'ba oyenda okubuuza saati yalangyi kyi gya'yenda okwambala, obwiikula bubwiikule kyitabo gha'muleka ya'sonka kulangyi era buli langyi gya'sonkaku, ne'yo saati gyebenda okwambala olunaku olwo. Kyino kyibayamba okusoma/okweega nti basobola okulonda era kyiida kubayamba okutegeera ebyo'kulondaku ebyendhawulo, kunsonga enho, erangyi edhendhawulo.

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Okusomesa /okweegeresa omwaana okukozesa obubonero

Mungeri nendala gyetuyamba abaana okutegeera nga tokozesa engeri edhendhawulo eningyi mumpuliziganhia nga obubonero obwe'mikono, okutambuza omubiri, emboneka yo'mumaiso / ya'feesi, ebifaanhani nhe'bivuga, kale tusobola okuyamba omwaana okwe'yogeraku bulungi nga tubasomesa/tubeegesa engeri edhendhawulo okuwulizaganhia nha'bantu.

Engeri eibiri dhetusobola okukolamu kyino nho'kubasomesa / okubeegesa okusonka oba okwe'gezaamu okusonka nho'kubasomesa / okubeegesa obubonero obumu.



Put up the pictures and explain how we can help children communicate through pointing.





OKUYAMBA ABAANA OKWEEGA / OKUSOMA OKUKOZESA OBUNERO

1. Tegeera kyi obubonero omwaana bwa'sobola okukola

Kubanga abaana abalina obulemu obuva kubukosefu kubwongo. balina ebuzibu nho'kutambula, titusobola kubasomesa / kube'gesa bwe'gesa lulimi lwa'bubonero, kuba bayinza obutasobola kukola bubonero. Tulina / tuteekwa kusooka kutegeera kyi omwaana kya'sobola okukola nhe'mikonogy nho'mubiri memaletulowooze kububonero bwebasobola okukozesa.

2. Tandika nha kubuuzza bubonero

Kubaana abatakozesangaku bubonero, kyamugaso okutandika nha'kabonero akababuuza. Leka tukozese ekyo'kuboneraku ekya'kabonero ka "yongera" okubona nti omwaana asobola okusaba ekyintu kyona kyona. Okukozesa obubonero okusaba ekyintu kyona kyona omwaana kya'yenda kyiizaamu inho omwaana imaani.

3. Sigala nga okozesa akabonero kalala'ko bwo'kairamu okutuusa omwaana bwa'naakategeera

Buli lwo'kola ekyintu kyona kyona omwaana kya'yenda oba okumuliisa okugeza, lekela kyo'likula era okozese akabonero akabuuza oba ayenda okumwongera, okubona nti asoma / ayega kyiky akabonero kyekategeeza. Singa tasobola kukozesa kabonero ka "yongera", nho'nhia akabonero akendhawulo ka'nakozesa okutegeeza "yongera". Sigala nga okozesa akabonero ako ekyiseera kyona kyona nga bwetuiragana ebigambo okuyamba omwaana okutegeera.

4. Yamba omwaana okutandika okukozesa obubonero

Singa kyanguyira omwaana, bayinza okutandika okukozesa akabonero kasita bamala kutegeera. Tusobola okuyamba omwaana okweega/okusoma okukozesa akabonero, nga tumubuuza oba ayenda okumwongera era nga tuta emikono gyaife kugyaibwe okubayamba okukola akabonero nga tukaali kubagha bubonero bundi. Bwebamala okutegeera tandika okubalinda bakole akabonero nga okaali kubagha bindi.

5. Buli muntu ali mu bulamu bwo'mwaana atekwa okutegeera obubonero.

Kikulu inho buli muntu ayogera nho'mwaana okukozesa obubonero bulala nho'kutegeera engeri eyo'kuyamba omwaana okweega okukozesa obubonero. Kino kiida kuyamba omwaana okutegeera nho'kukozesa obubonero mu'mbera yona yona.

6. Bwebaba basobola okyikola, basomesa/beegese obubonero obusingagho

Abaana boona basobola okusoma / okweega okuwulizaganhia nga basonka kukyintu okulaga nti kyenda okuteebwaaku ebiwoozo. Ekyo'kuboneraku, omwaana asobola okusomesebwa okusonka kundoobe / bampa dhaibwe nga bafuse. Eno nengeri esingaku okuwulizaganhia okusinga okulira. Ekyo'kuboneraku, kyisobozesa omwaana okutandika empulizaganhia nga tubaghaire ekyo'kulondaku, nhife abatandika empulizaganhia. Engeri eyindi eyo'kuyambamu omwaana okutandika okughaya nho'kumusomesa okukozesa obubonero.



Taagho / ghanika ebifaanhani era oinhonole ngeri kyi gyetusobola okuyamba abaana okuwulizaganhia nga tubita mububonero

Okuyamba abaana okweega / okusoma okukozesa obubonero

- Tegeera bubonerokyi omwaana bwaasobola okukola.
- Tandika nha'kabonero akabuza.
- Sigala nga okozesa akabonero kalala'ko bwokairamu okutuusa omwaana bwa'nategeera.
- Yamba omwaana okutandiika okukozesa akabonero.
- Buli muntu alimubulamu bwo'mwaana alina / atee-kwa kutegeera akabonero.
- Bwebasobola okukyikola, basomese / beegese obubonero obusingagho.

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Workshop 5 - Communication

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Okusonka kuyamba abaana okulondaku ebintu bingyi byebenda / byebeetaaga

Abaana basobola okusoma/okweega okukozesa obubonero okuwulizaganhia bwebaba tibasobola kukoba bigambo.

Nga twenda abaana okweega / okusoma obubonero, tuteekwa / tulina okukozesa akabonero kalala'ko bwetukairamu era nabuli muntu alimubulamu bwo'mwaana.



OMULIMO

- Mukole omulimo nga muli babiri babiri
- Buli bantu babiri babiri balikugya kuzaanha nga beegezaamu ghebakozesa empulizaganhia enungyi nga balikukola omulimo gweene ogwo gwebakubagainhiaaku ebidhuubo / ebiwoozo enhum'eyo / gyebuviireku mumusomo.
- Idhukiza buli bantu babiribabiri kumulimo gwebakubaganiizaaku ebidhuubo/ebiwoozo (okuliisa, okwambala, okuzaanha nho'mupiira).
- Basobola okusalagho anhi agyo'kuba omwaana era anhi agyo'kuba alabirira.
- Gha buli bantu babiri babiri ilala kumateeka gano ghamanga:
 1. Omwaanagho tasobola kwo'gera, aye basobola okusonka era baakola obubonero.
 2. Omwaanagho tasobola kwo'gera, aye basobola okukozesa amaiso gaibwe.
 3. Omwaanagho tasobola kwo'gera, aye basobola okulaga "yyi" oba "bbe".
- Gha abantu ababiri ababiri edhaakiika ikumi okutegeka kyiky kye-bagya okukola mumuzaano gwaibwe nga beegezaamu.
- Nga buli bantu babiri babiri bakola omuzaano gwaibwe mukwe'gezaamu kulwe'kyibingya, kubiriza ebibingya ebisigaire okubona era baghe endoghooza dhaibwe. Memale ogye kukyibingya ekyiiraku kyighe endoghooza dha'kyo / amagezi ga'kyo.

Buti leka tuleete buli kyintu ghalala era tugezese engeri dhona dhona okuyamba omwaana okutegeera nho'kwoogera. Buti tugya kugezesa empulizaganhia enungyi nga tuli babiri babiri.



Buli muntu awulira nga mumalilivu kungeri kyi gya'nawulizaganhia nho'mwaana alina obulemu obuva kubukosefu kubwongo?

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Idhukira nti abaana bona bona abalina obulemu obuva kubukosefu kubwongo basobola okuwulizaganhia na'bantu, tulina kukyikola bukole nga bwebali kugezaaku okukyikola.

Kyamugaso okugha abaana omukisa okulonda ebintu byebenda.

Tusobola okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okuwulizaganhia bulungyi nga tubita mubyetukola nga tukola emirimo egyo'bulilunaku.

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Enkomerero yo'musomo



Buti nga omusomo bwegugheire, ghaligho omuntu yena yena alina ekyibuuzo kyona kyona nga tukaali kwigalagho?



Nga mumaze okwe'ga / okusoma kumpulizaganhia kyi kyemugya okukola ekyendhawulo nga mugyiire awaka?

Bitu mukatabo ako'muzaire nhe'kyibingya era okebere / obuuze oba ghaligho ekyibuuzo kyona kyona kukatabo ako.

Igalagho omusomo era okakase nti buli muntu awulira inti ebuuzo byai-bwe biriibwaamu.



Omuzaano

Okwigulira omwaana ghangе kyaas-
obola

Ebikozesebwa s

Mumusomo guno ighe/imwe mwiidha kweetaaga / kwenda



Obulele buna obusaliibwa okuva mubikaba



Seeti ibiri edho'budankala butaanu (bwona bwona bulina / buteekwa kuba bwa langyi ndala / efaan-hana erabuli budankala bubiri buteekwa kuba bwa langyi yandhawulo)



Eseeti eyo'busandikiza ikumi ku ikumi nabutaanu nga bwa langyi nho'bunene bwandhawulo



Ensagho ibiri nga buli nsagho eidhuziibwa nhe'bin-tu ikumi ebyendhawulo ebisobola okwaaganhibwa amangu (kale omugaite ebintu aabiri ebyendhawulo)



Empapula enene ntono dhiti



Ekyikalaamu



Omupiira

1

Okusangaaza / sangaaza / tusangaire

Sangaaza buli muntu mukyibingya era okakase nti batebenkevu memale otandike





Ebiviiremu

Taagho / ghanika ebiviiremu era mubi-bitemu nhe'kyibingya

Workshop 6 - Ebinavaamu

- Omuzaano nikyi era lwaakyi gwaamugaso kumwaana alina obulemu obuva kubukosefu kubwongo
- Abaana batera kuzaana batya
- Lwaakyi kyizibughalira abaana abalina obulemu obuva kubukosefu kubwongo okuzaana
- Ngeri kyi gyetusobola okwanguyiriza abaana bona bona abalina obulemu obuva kubukosefu kubwongo okuzaana
- Kyi kyetusobola okuzaanisa

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Workshop 6 - Play

Mumusomo guno tulikugya kwo'gera kumuzaano. Omuzaano nhe'kyintu ekyo'mugaso nga kytundu mubulamu bwa'baana bona bona. Aye okuzaana kusobola okuba okuzibu kubaana abalina obulemu obuva kubukosefu kubwongo. Singa twenda okulowooza kubaana abalina obulemu obuva kubukosefu kubwongo nga obulamu bwabulido tulina / twenda / tweetaaga okutegeera ngeri kyi gyetusobola okukyanguyikiza abaana abalina obulemu obuva kubukosefu kubwongo okuzaana.

Bino byetugya okwo'geraku olwaaleero:

- Omuzaano nikyi era lwaakyi gwaamugaso kumwaana alina obulemu obuva kubukosefu kubwongo
- Abaana batera kuzaana batya
- Lwaakyi kyizibughalira abaana abalina obulemu obuva kubukosefu kubwongo okuzaana
- Ngeri kyi gyetusobola okwanguyiriza abaana bona bona abalina obulemu obuva kubukosefu kubwongo okuzaana
- Kyi kyetusobola okuzaanisa



OMULIMO:

- Gabanhiamu / yawulamu ekyibingya mutiimu ibiri era oghe buli tiimu seeti eyo'busandikira
- Ta ghansi obulele bukole obubokesi mwenda ku mwenda nga bwaagayaga ng



Inhonola omuzaano: ekyigendererwa ekyo'muzaano kyaakufuna busatu kubusandikirabwo obwa pulasitiika nga bwiiraganaku. Enhiriri dhigya ghansi, dhaasalamu oba dhaava kunsonda nhikunsonda (balage nga obusiitaale bwebuba nga bisalaganamu). Etiimu dhirina okweemerera kuluuyi nhi kuluuyi okwaakasenge okuva emisiitaale ghegyiri / obusale ghebuli dhiringagane. Omuntu mulala okuva buli mutiimu alina okulumukira mumisiitale ego mukyiseera kyilala era bate akasandikira kukabokisi kebanaalonda. Balina okulumuka baireyo eri tiimu mubwangu ilala nga bwebasobola era bwebagama kumuntu airaku mutiimu, omuntu oyoasobola okulumuka yaagya yaata akasandikira kaibwe mubulooka bwebakyiiramu. Kale guno no'muzaano gwakwanguya era gyo'komya okuba omwangu, gyo'komya okuta obusandikira bwaimwe mudiibulooka.

Ghaligho amateeka abiri

1. Oteekwa kugema kumwiino airaku mutiimu nga akaali kuva/memale yaava mukyibingya
2. Toikirizibwa kutoolawo busandikira bwa tiimu yindi-akasandikira bwekamala okuteebwa mubulooka kalian kusigala omwo.
3. Singa tiimu eyindi erina obusandikira bubiri obwiiraganaku, musobola okubaziyiza nga muta akasandikiza kaimwe mubulooka eyo'kusatu bweeba nga ndereere. Tiimu eyindi erina okulowooza kulunhiriri olundi olwokutandika
4. Tiimu esooka okuba no'busandikiza busatu mulunhiriri ne'wangula
5. Zaana omuzaano emirundi ebiri oba esatu okubona nti bulimuntu afuna omukisa okuzaana

3

Omuzaano nikiyi era lwaakyi gwaamugaso?

Mumusomo guno tuli kugya kusoma / kweega ekyigema kumuzaano, aye ekyisooka nenda okukubuuza ekyibuuzo:



Twentwena twiidi nti abaana benda okuzaana era twaali tuzaana bwetwaali abato. Aye buti? Tukaasobola okuzaana ghaire tituli baana?

Ighe / imwe mwiida kwenda?



Buti nkobera, nga omulimo guno guli kukolebwa, owuliire nga ali kuzaana?
Owuliire otya nga ozaana omuzaano guno?

Buli muntu atekwa kwiinhonola ngeri kyi gyaawulilamu nga alikuzaan. Ghandiika ebiiribwaamu kulupapula.

Ebisubirwa okwiiribwaamu:

- Gubaire muzibu
- Numiirwa
- Gunsesiiza
- Kyinsanwiisa okubona abandi
- Buli omu agyiirenga mulundi gwe
- Nenze kugoba



EBINTU BISATU EBYO'MUGASO MUKU ZAANA:

1. *Omulimo guteekwa kuba nga gukyamula era nga gunuma. Bwooba nga toil kukyamuka era nga tolikunumirwa, onaawulira nga olikuzaana? Bbe*
2. *Omulimo guteekwa ogwo gwo'yenda okukola. Bwooba toyenda kugukola nga omuntu akukaka okugukola, oidha kugunumirwa? Bbe*
3. *Oteekwa kuba nha'maani. Singa twenatwena tuzaine omuzaano, aye nga obaire ghaakutyaama, ghaasilika era ghaabona bubone, ghandiwuuliire nga alikuzaana? Bbe*

Kale tusobola okubona nti omuntu yena yena asobola okuzaana era yaanumirwa, aye ghaligho ebintu bisatu ebyo'mugaso nga omuzaano guna zaanibwa:



Taagho / ghanika era oinhonole ebintu ebisatu ebyo'mugaso mu-muzaano.

Ebintu ebisatu ebyo'mugaso mu-muzaano

- Omulimo guteekwa kuba nga gukyamula era nga gunuma
- Omulimo guteekwa kuba nga gwo'yenda okukola
- Oteekwa okuba nga ogwe'nigiiremu nha'maani

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Workshop 6 - Play



- Ozaana nho'mwaanagho?
- Ozaana otya nho'mwaanagho alina obulemu obuva kubukosefu kubwongo?
- Okolakiyi?
- Ozaana mizaano kyi?

Leka buli muntu ayogere kungeri gyebazaana na'baana baibwe abali nobulemu obuva kubukosefu kubwongo.



Ozaana otya na'baanabo abandi?

Leka buli muntu ayogere ngeri gyebazaanamu na'baana baibwe abanda.



KWAAKYI OKUZAANA KWAAMUGASO:

Okuzaana gulinga mulimo gwa'mwaana era abaana batera okutwaala ebiseera byaibwe ebisinga nga bazaana. Mubigambo ebindi okuzaana ngyira mubulamu kubaana bona bona era bazaana olunaku lwona lwona. Kale kubaana abalina obulemu obuva kubukosefu kubwongo kyilina kuba kyilaa ekyo. Okuzaana kulina okuba kytundu kubulamu obwaabuliidho nga bwekyiri kubaana abandi

Aye ghaligho ensonga ndala enkulu lwaakyi okuzaana kwaamugaso. Obaire oidhi nti abaana bwebaba bazaana, baba balikusoma / kweega?



Olowooza nti okuzaana nho'mwaanagho kyamugaso oba kuba kumala biseera?



Inhonola lwaakyi okuzaana kwamugaso

Buti nenda bulu muntu okuzibiriza amaisoghe era alowooze kubweyali omuto / omwaana. Ghezaaku okwiidhukira omuzaano gweghali osinga kwenda gweghazaananga era ghawulinga otya?

Gha ekyibingya edhaakika ntono okulowooza kumuzaano gwaibwe.

Memale nenda ighe / imwe mulowooze kubintu byona byona byemwaasoma / byemwaayega nga mubitira mukuzaana muzaano.

Gha ekyibingya ekyiseera okulowooza era omale oleke buli muntu ainhonole omuzaano oba omulimo gwebalikulowoozaaku era kyi kyebaasoma / kyebaayega nga babitira mukuzaana.



OMULIMO:

Ta eseeti yo'busandikirabyo kumeeza emberi / mumaiso ge'kyibingya era kubuli lusoma, buuza / saba ekyibingya kyilowooze kumagezi ngeri kyi gyeba-sobola okukozesa obusandikira okuzaana na'baana era basomese omusomo ogwo. Ekyibingya bwekyiba kyigheesiiza amagezi / ebidhuubo, bakobere ekyo'kubonera-ku ekyiky. Memale gheyongeryo kumusomo ogwiiraku.

- Amagezi ogo'mumutwe amayaaka- osobola okuyamba omwaana okweega / okusoma elangyi edho'busandikira edhendhawulo, osobola okumuzimbira omwaana ebizimbe byaakalina yeena yeegezaamu nga akozesa emikonogy, osobola okumweegesa okuta aghalala langyi edhifaanana era yaazimba enumba yaakalina nga akozesa buli langyi.
- Ngeri kyi eyo'kukola olugobo lugobo- osobola okuzimba ekyigubulizi nga okzesa obusandikiza, omwaana bwaataagho akasandikiza kalala gheena bwo'yongeragho akairaku bwemwongeraku paka / okutuusa bwebughaagho. Oba zimba enumba dhaakalina ntono dhiti nga okozesa obusandikiza era mukyikole lugobo lugobo bwemukoono bwaagwa.
- Ngeri eyo'kugoberera amateeka- osobola/oyinza okukobera omwaana nti mugya kuzaana omuzaano nga buli oomu kwiimwe agyakulonda obusandikira bubiri buli mulundi era abute mukyintu nga jaaga, ensugha oba eiteeka liyinda okuba nti omwaana naalina okutegeka elangyi nga akaali kuzimba kalia.
- Engeri eyo'kukolamu ebintu - ighe nho'mwaanagho musobola okukozesa obusandikira okukola ekyifaanhani oba musobola okuzimba ekyintu kyona kyona nga mukozesa obusandikira nga enumba.
- Engeri eyo'kuta aghalala ebintu byaagemagana - osobola okuzaana omuzaano nga omwaana alina okupanga obusandikiza obutono mukyisandikiza ekyinene oba busandikiza bumeka byaalina okupnaga/okuniga buli mukyisandikiza.
- Ngeri kyi eyo'kugondoola ebizibu- osobola okuzaana omuzaano nga ighe nho'mwaanagho mulina kutambuza akasandikira kalala kumeeza mubwangu nga bwemusobola nga timukozesa mikono gyaimwe. Omwaana aidha kuba nga alina okugezaaku engeri edhindi okutambuza akasandikira era akole engeri esinga kuba nangu. Ekyizibu kyiri nti omwaana tasobola kukozesa mikonogy, kale balina okugondoola ekyizibu nga banhoonhia engeri eyindi.
- Ngeri kyi gyetuwuliziganhia- osobola okugha omwaana ebyo'kulondaku ghagati langyi kyi edho'busandikira bwaayenda okuzaanisa oba osobola okubuuza omwaana akukobere amainha gaalangyi bwaadhilonda, oba osobola okukozesa obusandikira okumukobera olugero / okumughayira. Idhukira okwoogera nho'mwaana nga omulimo gugya mumaiso / gulikukolebwa. Mukobere kyi kyi kyooli kukola, mwinhonole kubusandikiza era oyogere kubikolwa byooli kukola.

315 4 Okusoma / okweega nga obita muku- zaana

Taagho / ghanika ekyifaan-
hani



Kyino kyifaanhani kyaamama nho'mwaana nga balikuzaanisa obusandikiza obwaapulasitiika obwendhawulo mulangyi nho'bunene. Tulikugya kugezaaku okulowooza kungeri dhetuyinza okukozesaamu obusandikiza buno okuyamba omwaana okweega / okusoma nga abita mukuzaana. Leka tulinge kumisomo egyendhawulo omwaana gyaasobola okusoma/okweega nga abita mukuzaana.

Taagho / ghanika ekyifaanani era
okole omulimo

Emisomo omwaana gyaasobo- la okusoma / okweega nga abita mukuzaana:

- Amagezi ogo'mumutwe amayaaka
- Ngeri eyo'kukola lugobo lugobo
- Ngeri kyi eyo'kugoberera amateeka
- Ngeri kyi eyo'kukolamu ebintu
- Ngeri kyi eyo'kunigamu ebintu aghalala
- Ngeri kyi eyo'kugondoolamu ebizibu
- Ngeri kyi eyo'kuwulizaganhia

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Workshop 6 - Play

Tghe / imwe mwiida
kweetaaga / kwenda



Kale osobola okubona nti okubitira mukuzaana emizaano emyangu, abaana basobola okweega / okusoma ebintu bingyi ebiyaaka.

Okubita mukuzaana, abaana beega / basoma amagezi ago'mumutwe ago'mugaso era baasoma / baayega okutegeera ensi ebeetooloire. Okubitira mukuzaana nga okozesa ebintu ebyendhawulo, basobola / beega kyi kyebasobola okukozesa ebintu ebyo. Ekyo'kuboneraku omwaana aidha kulonda ekyigyiko akyikubise ensugha era baidha kweega ngeri kyi eyo'kukuba kereere. Omwaana ayinza okuyugha amaadhi okuva mukyikopo yaagayugha mukyindi era yaayega nti bwaatakyikola mpola era yaalinga kumikonogye kyegyiri kukola, baidha kusobya /kukola ensobi.

Okubita mukuzaana baamaama bategeera abaana baibwe era baayegabaasoma ngeri kyi gyeboogerazagania nabo. Omuzaano omwangu ogusesa omwaana gutegeeza nti maama asobola okusanhuka nho'mwaanaghe era omwaanaghe asobola okumulaga nti alikunumirwa.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Abaana bona bona benda okuzaana
Omulimo.

Okuzaana kuteekwa kuba nga kukyamula

Okuzaana kuyamba omwaana okutegeera ensi em-
we'tooloire

Abaana beega/basoma ebintu ebiyaaka nga babita muku-
zaana

Omuntu yena yena asobola okuzaana



ABAANA ABATO BAKOZESA EBILOOZO BYAIBWE EBITUUFU OKUZUULA

Okubona, okugemaku, okuwulira, okuwuniza nho'kukombaku. Bino ne'bintu ebitaanu abaana byebakozesa okuzuula, okusingira ilala nga bato. Abaana abato batera okuta mukanhwa buli kyintu era benda okwonka oba okugaaya ebintu. Era boona bazuula omubiri gwaibwe nga bakozesa emikono gyaibwe era baayega / baasoma kyi kyi emikono gyaibwe kyeggisobola okukola nga: okukoona; okusika; okusindika; okuyuza; okukyuuka; okunheenhia; dhe'bindi.

Banumirwa okuwulira ebivuga nga enemba nha'bemba. Bwebatandiika okwaavula, bakweetuka betoloola agho okuzuula ebisingagho era benda okunhiina mubintu nho'kuva mubintu, dhe'kyilala nho'kuniina ghaigulu kubintu nho'kuba ghansi ghaabyo.

5

Abaana bazzana batya

Abaana bakozeza emirimo mingyi egyendhawulo bwebazaana era emirimo gyino gyitera okukyuuka abaana bwebagya nga bakula. Twena twena tukozesa amagezi gaife amatuufu okuzuula era twaategeera ensi etweetolooire era ne'kyilala kubaana bwebazaana.



Osobola okunkoberaku amainha ataanu agha'magezi amatuufu getukozesa okuzuula?

- Tukozesa amaiso gaife okubona, amatu gaife okuwulira, en-hindo dhaife okuwuniza, eminhwa gyaife okulegaku / okukombaku, nhe'mikono gyaife okugemaku.



Taagh / ghanika ebifaanhani nga bwoinhonola ngeri kyi abaana gyebakozesa amagezi gaibwe amatuufu okuzuula.





ABAANA ABAKUZEEMU BAZAANA BATYA:

Abaana bwebakula beega / basoma okukuuma ebintu ebibeetooloire okukola ebintu ebiyaaka.

Abaana batandika okunhonenkereza / okugezesa nga bakozesa ebintu bino era baatandika okweega / okusoma kyi kyi ekyikola nhe'kyitakola. Okugeza omwaana bwaaba alikutabula eitaka nha'maadhi, baidha kweega / kusoma nti gyo'komya okutaamu eitaka elingyi gyebiidha okukomya okuba ebigemu. Baidha kweega / kusoma nti bwoota eitaka eringyi mukyikopo, tirigya kuyuyika mangu okuva mukyikopo.

Abaana bangyi benda okuzimba ebintu. Ekyo'kuboneraku: basobola okuzimba enumba yaakalina nga bakozesa bibaagho; oba basobola okukozesa obuti okuzimbira akamotokake akookuzaanisa oluguudo.

Benda okukozesa ebintu ghalala.okugeza: omwaana asobola okukozesa ekyibaagho nheitaffaali okukola akaselengeto akookutoolezaaku eibaale okwiika ghansi; oba basoloza amabaale baagata gona gona mukyintu nga jaaga,kyikebe ne'bindi.

Beefuula nti ebintu ebyo bintu bindi. Ekyo'kuboneraku basobola okuniina mukuleeti beefuula nti eyo motoka; oba baketi / endobo yaafuuka ngoma; oba akabokesi akatono kaafuuka eisimu.

Boona benda okuta aghalala ebintu ebifaanana era baatandika okweega okukuba ebifaanhani. Okugeza singa baba no'busandikira obusiige bwaalangyi, baidha kuta obulina langyi edhifaanana ghalala, oba baidha kuta amabaale ghalalaokusinziira kubunene bwaago.

Abaana bwebaba batandika okuzaana nha'baana abandi, baidha kweega / okusoma okugabana, ngeri kyi eyo'butalwaana nhabaana bandi nha'ngeri kyi eyo'kuzaana lugobo lugobo.



Taagho / ghanika ebifaanhani nga bwoinhonola ngeri kyi abaana gyebazaana nga bakuzeemu.





ABAANA BAZAANA BATYA NGA BEETEGE- KERA OKUSOMA / OKUGYA KWIISOMERO

Abaana bwebakula nga bagya kutandika kusoma, basobola okutandika okuzaana emizaano nga gyirimu amateeka nga omupiira, emizaano egyirimu okugoberera omuntu mulala nga omukulembeze

Abaana boona banumirwa okugezesa amagezi gaibwe ago'mumutwe beene nabeene. Okugeza baidha kugezaaku okusindanhwa oba bayinza okugezaaku okuniina omuti ogusinaga bughanvu.

Boona beega / basoma obukodyo bwo'kwisomero nga okusala, okukuba ebifaanhani, okusoma, okughandiika, okubala, nhe'bindi.

Kale osobola okubona nti abaana bwebakula, ngeri gyebazaanamu ekyuuka.



Taagho / ghanika ebifaanhani era oinhonole ngeri kyi abaana gyeba-zaana nga batuuse okugya kwiisomero.



Abaana abalina obulemu obuva kubukosefu kubwongo, okisingira ilala abo abali mumutendera ogwo'kuna nho'gwookutaanu nga balina obuzibu mukutambula okweetooloola agho, tibaidha kusobola kuzaana mungeri dhino dhona dhona edhendhawulo. Na'baana abalina obuzibu mukusoma/kweega (nibwebaba nga basobola akutambula beetooloola agho) tibaidha boona kusobola kuzaana mungeri edhendhawulo.

Abaana abandi, ghaire bakuzeemu, basigala naga bata ebintu mukanhwa kaibwe / muminhwa gyaibwe. Kyino kiyinza okuba nga tibasobola kukoza mikono gyaibwe bulungyi; oba kubanga balina obuzibu mukusoma / okweega era baasigala nga bazaana nga abato einho. Abaana abandi bayinza okusobola okuta bulooka mukyintu nga jaaga, ekyikebe ne'bindi, aye tibasobola kutaghalala bulooka okusinziira kulangyi. Kyino kiyinza okuba kyaidhawo kulwo'buzibu mukusoma / okweega oba mukubona.

Leka ebifaanhani bino byona byona kukyisenge / kukyimante okutuusa kunkomerero eyo'lusoma olwiiraku.

6

Lwaakyi kiyinza okuba ekyizibu kubaana abalina obulemu obuva kubukosefu kubwongo okuzaana

Abaana bona bona basobola okuzaana, nibwebaba nga balina obuzibu mukutambula, oba okubona, oba okusoma / okweega oba okukozesa emikono gyaibwe. Twenda okwanguyikiza abaana okuzaana. Singa kyiba kyizibu inho okuzaana, omwaana ayinza okubivaaku era yaalekera okuzaana.

Leka tulinge kulwaakyi kiyinza okuba ekyizibu kubaana abali nobulemu obuva kubukosefu kubwongo okuzaana.



Lwaakyi olowooza nti kiyinza okuba ekizibu ekyizibu einho kubaana abali mumutendera ogwo'kuna nho'gwookutaanu okuzaana?

- Tibasobola kutambula inho kulwaabwe
- Kyizibu okukyuusa ekyifo kyaibwe
- Tibasobola kutyaama kulwaabwe
- Kyibazibughalira okutambuza emikono gya'bwe okughaaniriza ebintu
- Tibasobola kusaba kya'kuzaanisa
- Bayinza okuba nho'buzibu mukubona oba okuwulira
- Bayinza okuba nga batwaala eibanaga okwiiramu
- Tibenda
- Bayinza okuba nga balina obuzibu mukweega / mukusoma

Mugheedhagane amagezi ekyibingya kyegatakobye



- Ate abaana abali mumutendera ogusooka, ogwo'kubiri, oba ogwo'kusatu? Basobola okutambula beetooloola agho kulwaibwe. Lwaakyi olwooza nti kiyinza ozibughalira abaana abali kumutendera ogusooka, ogwo'kubiri nho'gwookusatu okuzaana?

- Bayinza okukola ebintu mpola inho
- Bayinza obutasobola kuba nabaana bandi okuzaana emizaano
- Abaana abaafa oluuyi lwona lwona nga no'mukono gwa'kosebwa bayinza okuzibughalirwa okuzaana emizaano egyikozesa emikono ebiri
- Abaana alina ebigere nga byaakosebwa bayinza obutasobola kuzaana mizaano egyo'kulumuka
- Empulizaganhia yaibwe eyinza okuba yampola oba nga ezibughalira omuntu ogyitegeera
- Abaana abandi bayinza obutenda kuzaana nabo kubanga bandhawulo
- Bayinza okuba no'buzibu mukusoma / mukweega

Mugheedhagane amagezi ekyibingya kyegatasoboire kwo'geraku.

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo bandhawulo era nengeri gyebazaana egyakuba yandhawulo. Kyamugaso nti osoma / oyega omwaanagho bwaasobola okuzaana okubona nti omwanguyiza okuzaana mungeri edhendhawulo. Era nga bwo'yenda okutegeera ngeri kyi omwaanagho gyaawulizaganhiamu nabandi, ghetaaga okutegeera ngerikiyi omwaanagho gyazaanamumu. Kyino kyiri kyiti kubanga obulemu obuva kubukosefu kubwongo ngyira mubulamu era okuzaana kytundu mubulamu obwa'baana bona bona.



Buti linga kubifaanhani era olowooze kungeri dhona dhona om-waangho dhaazaanamumu era dhikobere ekyibingyakyoyi.

Gha muli muntu mukyibingya ekyiseera akobe engeri omwaanaghe bwaazaana.

Kyizibughalira inho abaana abalina obulemu obuva kubukosefu kubwongo okuzaana, aye kyino tikyitegeeza nti okuzaana tikusoboka. Abaana bona bona abalina obulemu obuva kubukosefu kubwongo benda tubayambe okubanguyikiza emizaano. Okuzaana kytundu mubulamu byaa buli mwaana.

Bwo yanguyiriza omwaana alina obulemu obuva kubukosefu kubwongo okuzaana okumalaku olunaku tuba tulikubayamba okusoma / okweega amagezi ago'mumutwe amayaaka nho'kutegeera ebisingagho kubintu ebibeetolooire. Okusobola okuzaanakwoona kusobozesa abaana abalina obulemu obuva kubukosefu kubwongo okukyamuka / okusanhuka nga abaana abandi nho'kuba abamu kboomumaka.

Kubaana abalina obulemu obuva kubukosefu kubwongo, kytwaala amaani mangyi okutambuza emibiri gyaibwe, aye kubanga okuzaana kukyamula / kusanhusa, okuzaana kubaizaamu amaani okutambula einho nho'kuba mumbeera esingaku obulungyi mukukola ebintu ebimu.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona.

OBUBAKA OBUKULU

Abaana bakozeza emirimo mingyi egyendhawulo okuzaana

Abaana bwebakula, engeri dhebazaanamu dhiba dhandhawulo

Kyamugaso ighe okutegeera engeri kyi omwaanagho bwaazaana okubona nti osobola okumuyamba okusanhuka / okyamuka nho'kweega / okusoma ebintu ebiyaaka.

Abaana bona bona abalina obulemu obuva kubukosefu kubwongo basobola okuzaana- abandi benda bwende buyambi busingagho okusingaku abanda.

Tusobola okwanguyikiza abaana abalina obulemu obuva kubukosefu kubwongo okuzaana.



AMAGEZI AGO'KUYAMBA ABAANA ABALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO OKUZAANA.

Ghaligho engeri ina edho'mugaso edhisobola okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okuzaana:

- 1. Kakasa nti omwaana ali mukyifo ekyimuyamba*
- 2. Yanguyikiza omwaana okuzaana*
- 3. Kozesa ebyo'kuzaanisa oba emirimo egyiyamba omwaana*
- 4. Yamba abaana abandi okuzaana nho'mwaana*



Tusobola tutyta okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okuzaana

Bwoomala okutegeera ngeri kyi omwaanagho gya'sobola okuzaana, kyamugaso ighe okuyamba okuyamba omwaanagho okuzaana mungeri emuyamba era yaaba / kyaaafuuka kyabulamubwe bwa buliedho.



Taagho / ghanika ekyifaanhani era obite munsonga nga osoma. Leka olupapula luno kukyimante/kukyisenge okutuusa nga omaze ebitundu bino.

Ghaligho engeri ina edho'mugaso edhisobola okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okuzaana

- Kakasa nti omwaana ali mukyifo ekyimuyamba
- Yanguyikiza omwaana okuzaana
- Kozesa ebyo'kuzaanisa oba emirimo egyiyamba omwaana
- Yamba abaana abandi okuzaana nho'mwaana

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Workshop 6 - Play

Buli mwaana ghandhawulo era nengeri gyetuyabamu omwaana okuzaana eidha kuba yandahawulo kubuli mwaana. Ekyifo ekyiyamba omwaana ghangе kyiynza obutayamba mwaanagho, oba ekyo'kuzaanisa ekyiyamba omwaana omuto kyiynza obutayamba mwaana akuzeemu.

Idhukira okuva mumusomo ogwo'isatu nti tweeze / tusomye kungeri eyokutegeka omubiri gwo'mwaana waife okutambula nho'kuzaana era ghaligho ebifo ebimu ebibayamba einho. Bwetuba tuzaana nabo, tuteekwa kusooka kukakasa nti omubiri mweteefu teefu okuzaana era nga omwaana ali mukyifo ekyiyamba/ ekyimuyamba.

Osobola okwiidhukira kyi kyi kyeghasoma / kyeghayega okuva mumusomo ogwo'mukaaga era bifoogyi ebyaakolera obulungyi omwaanagho era lwaakyi?

Buuzza / saba buli muntu mukyibingya ainhonole ekyifo kyilala ekyiyamba omwaana ekyinaaleetera omwaana okuzaana mubwangu.



OMULIMO

Zaana omuzaano mulala ogwo gweghazaana muntaandiika yo'musomo guno okutoolaku ekyiseera kyino olikugya kugufuula muzibu kubuli muntu nga okola bino ghamanga:

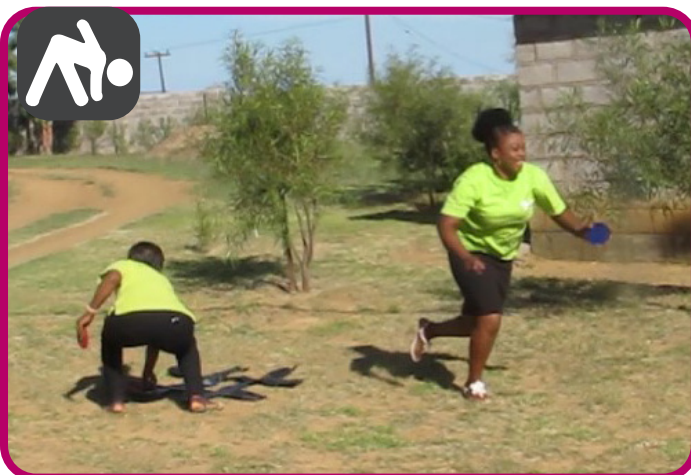
- Gha ekyibingya ebiragiro-koba ekyibingya nti omulundi guno buli tiimu egya kuzaana lugobo lugobo; tibaidha kuba nga bazaana mukyiseera nhe'kyilala. Buli tiimu egya kufuna omulundi okuta akasandikiza kubusiitaale.
- Era bakobe nti balina okukongooda / okubuukira kumugulu mulala ekyiseera kyona kyona. Singa bata ekyigere ghansi nga bakaali kwiirayo mutiimu yaibwe, balina okwiiramu okukyikola.
- Gha tiimu ndala obusandikiza busatu okuna nti abantu basatu na'balina olugobo.
- Gha ekyibingya ekyirina obusandikira obungyi obugoba bubiri obwiiraganaku.
- Tobamuguminkiriza nakyibingya
- Toseka / tomweena era tosaaga/tokola katemba - kobera bukobere ekyibingya kyi kyi ekyo'kukola
- Etiimu bweegoba, tobamukyamufu, gyabugye kumulundi ogwiiraku.
- Ghagati muluzaana olwiiraku, tambula butambule era otereke obuwwuzi kwiitaka nga ezira kyo'yogera ghaire ekyilala
- Memale okobe buli muntu atyaame muntebeye.

8

Yanguyikiza abaana abalina obulemu obuva kubukosefu kubwongo okuzaana

Leka tusome / tweege kukyiky ekyindi kyetusobola okukola okwanguyikiza omwaana waife alina obulemu obuva kubukosefu kubwongo okuzaana.

Ighe / imwe mwiida kwee-taaga / kwenda



Taagho / ghanika olupapula oluziraku bigambo era okube omusiitaale omutereevu ghagati gho'lupapula.



Taagho / ghanika olupapula oluziraku bigambo era okube omusiitaale omutereevu ghagati gho'lupapula.
Obumanhirivu buno obwo'kuzaana omuzaano bwaawukana butya bwo'gerangeranhia nha lii lwetwaazaana omuzaano guno gyebuviireku? (okyo'kuboneraku, tigunsanwiisa kubanga batughaire ebiragiyo).

Ghandiika ebiiribwaamu kumuko gwaakono ogwo'lupapula.



Kyi kyi kyenandikoze ekyendhawulo ighe okufuna obumanhirivu obulungyi?

Ghandiika ebiriibwaamu kumukono ogulya kulupapula.



OKWANGUYIRIZA ABAANA ABALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO OKUZAANA:

- **Ba mwiikaikamu:** abaana abalina obulemu obuva kubukosefu kubwongo bayiza okwenda ebiseera ebisingaghookwiiramu okusingaku abaana abandi era twenda kuba baikaikamu era tubaghe ebiseera bingyi ebibamala okwiiramu era tulina okubalinda eibanga / ekyiseera ekyighanvu. Omwaana bwaaba agezaaku okwiiramu era nga tituli baikaikamu, omuzaano tigusanhusa mwaana era kysisobola okuba nga kyimalamu amaanhi / kyiniiza.
- **Ba musilu:** okuzaana kuteekwa kuba gusanhusa era tusobola okweesanhusa nga tubita mungeri gyetweebisaamu. Bwetuzaana nho'mwaana tulina kuba basilu era tukozese feesi esanhusa nhe'bikolwa ebisanhusa. Kyino kiyiamba omwaana okutegeera kyi kyekyitegeeza okuzaana era nga okuzaana nekyintu ekyisanhusa okukola.
- **Zaana nga omwaana:** bwetuzaana na'baana, twenda / tulina okugezaaku era tuzaane nga bobeeene bwebazaana. Singa bazaanira kwiitaka, tweena tulina kuzaanira kwiitaka. Singa baba batyaime, tulina kugeezaaku okutyaama ghebatyaime. Buli kyiseera tulina kuba nga tulinabo nga batulinga mumaiso / feesi tweena twaabalinga mumaiso / feesi.
- **Leka omwaana yeelondere kyaayenda:** leka omwaana okulire omuzaano nga omuleka okulonda kyaayenda. Singa ighe olikugya kumugha kyaakuzaanisa, malagamuleka alonde kyaakuzaanisa kyi kyaayenda. Weena osobola okumuleka yaalondawo kyi kyaayenda okukozesa ekyo'kuzaanisa oba naani gwebenda okuzaana naye. Kyino kyiida kubayamba okwegezesaamu empulizaganhia yaibwe.



Taagho / ghanika ekyifaanhani era obite munsonga edho nhe'ky-ibingya. Nga bwobainhonola buli ighezi, kozesa ekyifaanhani nga ekyo'kuboneraku.

Okwanguyikiza abaana abalina obulemu obuva kubukosefu kubwongo okuzaana:

- Ba mwiikaikamu / muguminkiriza
- Ba musilu
- Kakasa nti omwaana buli kyiseera alina ekyintu ekyo'kuzaanisa
- Leka omwaana alonde kyaayenda
- Yanguyikiza omwaana okughangula
- Laga omwaana engeri
- Gha omwaana ebyo'kuzaanisa
- Laga omwaana engeri eyo'kuzaana nhe'bintu/ebyo'kuzaanisa
- Ghaana omwaana

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Workshop 6 - Play



Ba mwiikaikamu /muguminkiriza



Ba musilu



Zaana nga omwaana



Leka omwaana alonde kyaayenda



OKWANGUYIKIZA ABAANA ABALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO OKUZAANA:

- **Kakasa nti omwaana buli kyiseera alina ekyintu ekyo'kuzaanisa:** tusobola okwanguyiriza omwaana okuzaana singa tukakasa nti ghaligho ekyintu kyebagya okuzaanisa. Okugeza: singa omwaana atyaime muntebe okumala akaseera, kakas nti ghaligho ekyintu ekyo'kuzaanisa kyaasobola okutuukaku mubwangu. Singa akoona ekyo'kuzaanisa kyaava mumeeza kyaagwa, osobola okukyisibira kumeeza obutavaaku kugwa. Singa omwaana atendukiire kumugongogwe, osobola okughanika obumu kubwo'kuzanisa ghaigulu ghaabwe nga bwangu bwaakubona nho'kugemaku.
- **Laga omwaana engeri eyo'kuzaana nhe'bintu/ebyo'kuzaanisa:** tubwoine nti abaana ebiseera ebisinga bazaana nga koopa abantu abakulu. Tusobola okwanguyikiza abaana okuzaana nga tubalaga engeri eyo'kuzaana nhe'byookuzaanisa.
- **Yanguyikiza omwaana okughangula:** abaana bwebazaana kyamugaso okuba abawanguzi kukyebali kughezaaku okukola, ghabula biyinz obutabasanhusa oba baghaamu amaanhi era baalekera okugezaaku. Ekyo'kuboneraku: singa ogemera omwaana ekyo'kuzaanisa abenga akyighaaniriza, memale bwebaba nga balikughaaniriza, ghaasigala nga olikusembezaayo ekyo'kuzaanisa okugezaaku okwenda baghaanirize okusingagho, kiyinza okubafuukira ekyizibu einho. Kumukono ogundi, singa omwaana aghaaniriza era ghaamuleka yaatuukiriza kyaayenze / yaaba muwanguzi, kyiida kubagha amaanhi okugezaaku einho namaanhi bulikyiseera.
- **Ghaana omwaana:** singa omwaana airamu, aghaaniriza oba awangula okukola ekyintu, tulina okubaghaana ngakyino kyiida kubagha amaanhi okugezaaku einho. Okughaana omwaana yoon ngeri gyetusobola okufuulamu omuzaano nga gukyamula / gusanhusa era nga gumuzaanisa inho.



Dhino dhona dhona ngeri dhetusobola okwanguyikizaamu omwaana alina obulemu obuva kubukosefu kubwongo okuzaana titufiireeyo buzibukyi bwe-banayaagana mukyikola

Bwetuba tuzaana na'baana, tusobola okukozesa byetwaayega ebigema kumpulizaganhia mumusomo ogwempulizaganhia.

Okusooka ntwenda omwaana atuteeku ebiwoozo. Tusobola okweeta erinahlye oba okumugemaku okutugha ebiwoozo. Era tusobola okukozesa omuzaano okuyamba omwaana okutegeera einho nga twoogera kukyiky kyetuli kukola. Tusobola okugha ebintu amainha, okubiinhonola era twaayogera kukyiky kyetuli kukola nabo. Tusobola okwo'gera kubulikyintu omwaana kyaali kukola.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona.

OBUBAKA OBUKULU

Ghaligho ebintu bingyi byetusobola okukola okwanguyiza abaana abalina obulemu obuva kubukosefu kubwongo okuzaana.

Tweetaaga / twenda kuba baikaikamu / baguminkiriza, abaazaani era tuleke omwaana alonde kyaayenda.

Twenda okwanguyiriza omwaana okuwangula era tughaane omwaana bwaaba nga alina kyaakoze.

Twenda okugha omwaana ebintu ebyo'kuzaanisa era tumulaghe engeri eyo'kuzaana.

Tusobola okukozesa omuzaano okuyamba empuliziganhia eyo'mwaana.

Kyaamugaso omwaana okusanhuka/okukyamuka nho'kunhumirwa okuzaana.

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Okukozesa ebyo'kuzaanisa oba emirimo egyiyamba omwaana alina obulemu obuva kubukosefu kubwongo

Tubaire twaakakoba nti twenda okusobozesa omwaana okuwangula nga azaine.



Kyi kyo'lowooza nga iffe abazaire kyetusobola okukola okukakasa nti omwaana muwanguzi bwaazaana.

Leka ekyibingya kyikubaganhie ebidhuubo / kyigheedagane amagezi.

Singa twenda omwaana okuwangula:

- Tuteekwa kusooka kutegeera kyi omwaana waife kyaasobola okukola
- Era tuteekwa kutegeera bazaana batya

Bwetuba tuzaana nabo tuteekwa kukozesa emirimo gyebasobola okukola era nhe'byookuzaanisa byebasobola okuzaanisa. Ekyo'kuboneraku: singa omwaana asobola okutambuza omukonogwe okuva kumubirigwe katono kati, twandizaine omuzaano ogwo'kukoona ghansi enumba yaakalina eya bulooka, aye kytwaala okutambula kutono okusobozesa ekyizimbe ekyaaakalina okugwa.

Sinaga atambuzaaku omukonogwe ghaire katono kati, ndida kuzimba enumba eyaakalina kumpi inho naye okubona nti awangula okugyikoona yaagwa ghansi. Singa ngyizimba ghala inho naye, aidha kugezaaku aye taidha kuwangula kugyikoona kugwa ghansi era nga amaze okugezaaku emirundi mitono, aidha kulekera oluvainuma olwookugezaaku era aidha kubivaaku.

Kozesa ekyifaanhani olage ekyibingya kyi kyoli kukoba.





SINGA OMWAANA WANGE ALINA EMYAACA MUKAAGA ERA NGA AYENDA EBIVUGA, KYINAMBA OKUKOZESA ENSASI YO'MWAANA OKUZAANA NAYE?

Twefanahiriza ensaasi nho'bwaana obutono. Kale omwaana okuzaanahisa ensaasi nga alina emyaaka mukaaga, tuba tulikutwaala/tulikubisa omwaana nga omwaana omugheere.

Omwaana bwaaba asobola asobola okuzaana nga akola emirimo gya'sobola okukola, tusobola okuyamba omwaana okweega/okusoma okukola ebisingagho nga tukulubyaamuku omulimo katonu.

Ekyo'kuboneraku: singa omwaana wange asobola okukoona bulooka dhaagwa mangu nga enhumba yaakalina erikumpi inho naye, agho nsobola okusembezaayoku katonu enhumba yaakalina okuva ghaali. Agho era yaakyituukiriza aye buti alina okugezaaku inho nhaamaani okukoona bulooka okugwa ghansi era kyino kyida kumuyamba okusoma/ogweega okutambuza omukono okusingagho. Aye atekwa okuba nga akaasobola okukyikola, singa nenda asigale nga akaagezaaku.

Kale singa twenda omwaana aghangule nga alikuzaana, kyamugaso nti tukozesa emirimo omwaana gyaasobola okukola era okozese ebyo'kuzaanisa omwaana bya'sobola okuzaanisa.

EMYAACA GYO'MWAANA

Engeri eyindi okukasa nti eby'okukola nhe'byokuzanhisa ebiyamba okulowooza ku myaaka gyo'mwaana nho'kugezaaku era okukozesa ebikolebwa nhe'byokuzanhisa omwaana byalina okuzanhisa ku myaaka egyo.



Singa omwaana wange alina emyaaka mukaaga era nga ayenda ebivuga, kyinamba okukozesa ensasi yo'mwaana okuzaana naye? Lwaakyi?

Leka buli muntu airemu ekyibuuzo.



Kyi kyensobola okukozesa mukyifo kya ensasi?

- Eisimu
- Akantu akemba enemba
- Engoma oyo'kuzaanisa



Singa omwaana wange alina emyaaka ikumi egyo'bukulu era nga tulikugya kukola omulimo ogwo'kulingilira nhe'kyitabo, kyinamba singa nkozesa ekyitabo kyebaakolela omwaana oghe'myaaka ebiri? Lwaakyi? Kyi kyensobola okukozesa mukyifo kyaakyo? Osobola okusigala nga osomera omwaanagho ekyitabo aye kozesa ekyitabo ekyiynza nga kyinoona / kyisanhusa / kyikyamula omwaana oghe'myaaka omukaaga egyo'bukulu.

Niwankubaire abaana abamu tibasobola kukola ebisingagho kulwaibwe, balina okutwaalibwa / kubisibwa nga abaana abeghere singa tiibaghere. Idhukira bwetubambaza, tukyikola nga tubatyaamiiza tinga tubalambaiza ghansi kubanga abaana abaghere bonka betwanmabaza nga tubalambaiza ghansi. Ne'kyilala bwetuzaana nha'baana, tulina okuzaana mungeri nga twiidi nti tulikuzaana nga tweeta/tweefuula abeemyaaka gyaabwe.

Taagho / ghanika ebifaanhani kyilala kukyilala era kubuli kyifaanhani buuza ebizuzo ebiri kulupapula lwiiraku.





Olowooza omuzaano nhe'byookuzaanisa ebiri mukyifaanhani biyamba omwaana? Inhonola ekyiiriibwaam.

Omwaana alikuzaana? Inhonola kyoizeemu.

Leka ekyibingya kyikubaganhie ebidhuubo kubyebaizeemu kubuli kyifaanhani era bakoze ebifaanhani okulaga ebyo'kuboneraku kukyiky kyo'baire olikwiinhonola.

Kyoono kyaamugaso okwiidhukira nti twenda / tweetaaga okulonda ekyiseera ekyituufu ekyo'kuzaana nha'baana baife. Omwaana omuniivu / aniiga amangu oba omukoowu taidha kwenda kuzaana. Era tulina okugha omwaana ebiseera ebyo'kuwuumula.

Kale buti bulimuntu aidhi ngeri kyi gyetutaagho omukisa / ekyiseera ekyo'kuzaana nga tukakasa nti omuzaano oba ekyo'kuzaanisa kiyiamba omwaana.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona.

OBUBAKA OBUKULU

Twenda okutegeera kyiky omwaana waife kyaasobola okukola era nangeri kyi gya'sobola okuzaana.

Twenda okukozesa emirimo omwaana waife gya'sobola okuwangula nga alikukola.

Abaana abalina obulemu obuva kubukosefu kubwongo balina kuzaana emirimo / emizaano oba okukozesa ebyo'kuzaanisa ebigemagana nhe'myaaka gyaabwe.

Okuyamba abaana abandi okuzaana nho'mwaanagho

Buti leka twoogere kukuyamba abaana abandi okuzaana nho'mwaanagho.

Ebiseera ebisinga abantu abakulu bazira biseera bimala mulunaku okuzaana kubanga balina obuvunhaanizibwa bungyi obundi obutwaala ebiseera byaibwe. Iffe nga abantu abakulu tweena twerabiire engeri eyo'kuzaana nga abaana kale nengeri gyetuzaanamamu esobola kuba yandhawulo.

Abaana emirundi egyisinga batwaala ebiseera byaabwe ebisinga nga bazaana nha'baana abandi, tiibantu bakulu. Singa obulemu obuva kubukosefu kubwongo ngyira mubulamu, agho abaana abalina obulemu obuva kubukosefu kubwongo bandibaire bazaana nha'baana abandi. Abantu abakulu tibasobola kutwaala ebiseera byaibwe ebisinga mulunaku nga bazaana nha'baana baibwe abalina obulemu obuva kubukosefu kubwongo era kale kyaamugaso nti abaana abandi balikuyamba omwaana yeena azaane.



Osobola okulowoozayooku ensonga eyidi yona yona lwaakyi kiyiyamba omwaana alina obulemu obuva kubukosefu kubwongo okuzaana nha'baana abandi?

- Abaana bawulira nga bazira buzibu okuzaana nha'baana abandi bwo'gerangeranhia nha'bantu abakulu
- Beega / basoma okuzaana lugobo lugobo nga bali nha'baana abandi
- Abaana tibatya kuba basilu
- Abaana basobola okuyamba okweizaganhiamu amaanhi okuzaana
- Singa omwaana alina obulemu obuva kubukosefu kubwongo tasobola kukozeza mikonogyi, omwaana owundi asobola okumuyamba
- Beega / basoma okuwulizaganhianha nha'baana abandi



OMULIMO:

Gabanhiamu / yawulamu ekyibingya mububingya obutono nga bwa'antu basatu basatu era oinhonole nti buli kabinnya kaidha kukola omuzaano ogwo'kulaga obuvunhaanizibwa bwaabuli muntu. Mumuzaano ogulaga obuvunhaanizibwa bwaabuli muntu, omuntu asooka muzaire, owundi mwaana alina obulemu obuva kubukosefu kubwongo era owunda / owo'kusatu nho'mwaana owundi, omuntu alikukola nga omwaana alina obulemu obuva kubukosefu kubwongo atekwa kuzaana nga omwaanaghe alina obulemu obuva kubukosefu kubwongo. Kale singa Omubiri gwo'mwaanaghe ebiseera ebindi guba mudembe dembe era ebiseera ebindi gwaalekula emiziisa oba ebiseera ebindi akakanhala nga alalambala okwiira einhuma, boona balina / bateekwa kuzaana nga abaana aabo bwebaba.

Baghe edhaakika ntono okutegeka omuzaano ogulaga obuvunhaanizibwa bwaabuli muntu mwebagya okulagila ekyibingya ngerikiy abazaire gyebasobola okuyamba omwaana owundi okuzaana nho'mwaana alina obulemu obuva kubukosefu kubwongo.

Nga buli muntu amaze okuzaana omuzaano ogulaga obuvunhaanizibwa bwaabuli muntu, buuza / saba ekyibingya kyighaanisiganyhie amagezi gebeeze okuva mumizaano ogulaga obuvunhaanizibwa bwaabuli muntu era ghandiika byo'yeze / byo'some.



ENGERI EYO'YAMBAMU ABAANA ABANDI OKUZAANA NHO'MWAANA ALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO

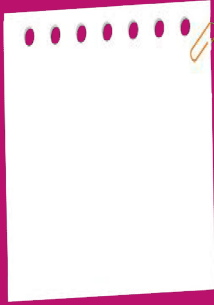
Yamba omwaana owundi okutegeera kyi kyi omwaanagho kyaasobola okukola

Nga bwetwenda okutegeera abaana baife abalina obulemu obuva kubukosefu kubwongo bulungyi okubayamb aokuzaana, tusobola okuyamba abaana abandi boona okubategeera. Kyino kyidha kwanguyiza abaana abandi okuta omwaanago mumizaano gyaibwe nga bazaana.

Laga abaana abandi gyebasobola okuba emikono gyo'mwaanagho Abaana abamu tibasobola kukozesa mikono gyaibwe kuzaana mumirimo era tusobola okulaga abaana abandi baaba emikono gyaibwe. Ekyo'kuboneraku: singa omuzaano guba gwaa kutaghalala busandikira bufaanana mulangyi, omwaana alina obulemu obuva kubukosefu kubwongo asobola okukozesa amaisoghe okulonda akasandikiza akafaanana mulangyi, memale omwaana owundi yaakalonda era yaakata kumpi naako akakafaanana. Kyino kiyisobozesa omwaana alina obulemu obuva kubukosefu kubwongo okusigala nga azaana omuzaano nibwaaba nga tasobola kukozesa mikonogy.

Idhukira okulaga abaana abandi bwekyiri ekyo'mugaso bo okwo'gera nho'mwaanagho era bainhonole kyebailikugya okukola, era oghe omwaanagho ebiseera.

**Ighe / imwe mwiida kwen-
da / kweetaaga**



Taagho / ghanika olukalala olwaamagezi / ebidhuubo kungeri eyo'kuyambamu abaana abandi okuzaana nho'mwaana alina obulemu obuva kubukosefu kubwongo era mukubaganhie ebidhuubo nabo kyilala kukyilala.

Engeri eyo'kuyamba abaana abandi oku- zaana nho'mwaana alina obulemu obuva kubukosefu kubwongo

- Yamba omwaana owundi okutegeera kyi kyi omwaanagho kyaasobola okukola
- Laga omwaana owundi ngeri kyi gyebasobola okuba emikono gyo'mwaanagho.
- Gha omwaana obuvunhaanizibwa obumusobozesa okwe'nigiramu nibwaaba nga tasobola kuzaana muzaano gwona gwona
- Kubiriza abaana abandi okuzaana lugobo lugobo nho'mwaanagho
- Yamba omwaanagho okuzaana ku isse ilala / guleedi ndala

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Workshop 6 - Play



NGERI KYI EYO'KUYAMBAMU ABAANA ABANDI OKUZAANA NHO'MWAANA ALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO

- ***Gha omwaana obuvunhaanizibwa obumusobozesa okwe'nigiramu nibwaaba nga tasobola kuzaana muzaano gwona gwona.***

Ekyibuuzo: naani gwo'lowooza nga ayenda kwe'nigira mukuteekateeka omupiira okubaagho?

Abazaani boomupiira, omugemi ghagoolo, omutendesi, diifiri, abakulira baakazaninkirizi, abaleeta amaadhi

Omuzaana omuzaano ogwo'mupiiar, tigheetaaga bazaani baamupiira bonka. Singa omwaangho omubirigwe tigusobola kuzaana mupiira, asobola okusigala nga bakaamutaire mumuzaano. Asobola okuba akulira abaghagizi, oba diifiriekyo'kuboneraku.

Ekyo'kuboneraku:

Mukuzaana omupiira, omupiira bwegugya kuluya oba egoolo eteebeibwa, abazaani balina okwiiramu okutandiika okuzaana. Singa ekyintu kyonka omwaanagho kyaasobola okukola nga nho'kulaga akabonero aka "gya" oba koba"gya", agho lifuule iteeka nti buli kyiseera abazaani balina okwiiramu nga omwaanagho abalaze nti "bagye". Mungeri eyo omwaanagho aidha kusigala nga yeenigiire mumuzaano era aidha kusobola ogukulembela.



NGERI KYI EYO'KUYAMBAMU ABAANA ABANDI OKUZAANA NHO'MWAANA ALINA OBULEMU OBUVA KUBUKOSEFU KUBWONGO

- **Kubiriza abaana abandi okuzaana lugobo lugobo nho'mwaanagho**

Singa abaana abandi bali kuzaana omuzaano, osobola okubakubiriza okughaaku omwaanagho olugobo / omulundi. Oba osobola okuyamba omwaana owundi okuzaana omuzaano nho'mwaanagho nga bazaana lugobo lugobo. Bwoikiriza abaana okuzaana lugobo lugobo, kysisobozesa omwaanagho okuzaana mungeri ebasobozesa okuzaana era kysisobozesa omwaana owundi okusigala nga akozesa obusobozibwe nibwaaba nga tasobola kukola okusingaku omwaanagho. Ekyo'kuboneraku omuzaano guyinza kuba gwaakusuula mupiira. Omwaanagho bwaaba nga lugoba lulwe, ayinza okusindika busindike omupiira bwaaba nga tasobola kugusuula. Memale bweluba nga lugoba lwaamwaana wundi, asobola okugezaaku okusuula omupiira mundobo kubanga ayinza obutanumirwa byaamusina nga kyona kyona kyaalina okukola kusindika mupiira. Kale buli mwaana asobola okuzaana okusinziira kubusobozi bwaibwe nga bazaana lugobo lugobo.

- **Yamba omwaanagho okuzaanira kuguleedi ndala/isse ilala nha'baana abandi**

Singa omwaanagho alikulambaala kukyitanda era nga abaana abandi batyaime beetooloola emeeza, kyiidha kuba kyizibu inho omwaanago okuzaana nabo. Kyandibaire kiyiyamba inho okufunha engeri yona yona okuyamba omwaanagho okyaama nha'baana bale baandi. Singa omwaanagho ayemerera mukantu akayamba abaana okweemerera ayenga asinga abaana abandi obughanvu, abaana bale abandi basobola okweemerera kubikuleeti okusobola okuzaanira kuguleedi ndala / eidaala ilala. Abaana abandi bwebazaana nho'mwaanagho, kyaamugaso nti basobola okulingaganaku mangu nho'kubona nti omwaanagho tayawuirwa kukyibingya.



Taagho / ghanika ekyifaanhani bwooba nga olikwoogera kukuyamba omwaana alina obulemu obuva kubukosefu kubwongo okuzaanira kuguleedi / idaala ilala nga abaana abanda.



Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKULU

Kyamugaso kubaana abalina obulemu obuva kubukosefu kubwongo okumala ebiseera nga bazaana nha'baana abanda.

Abaana abandi basobola okwiizaamu amaanhi omwaana alina obulemu obuva kubukosefu kubwongo okuzaana bulungyi okusinga bantu bangyi abakulu.

Nga abantu abakulu, twenda okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okuba nga babataire mumirimo nha'baana abandi.

Okuzaanha nha'baana abandi kisanhusa



OMULIMO:

Buli muntu mukyibingya atekwa kulonda kyintu kyilala okuva buli munsawo edho eibiri. Kobera ekyibingya nti bateekwa okulowooza kumagezi kungeri kyi gyebandizaine nhe'bintu ebibiri.

Bagheemu ekyiseera okulowooza kumagezi. Memale osabe / okobe mulimuntu alage egyibingya amagezighe. Nga buli muntu bwaghanisaganhia amagezi, yeta ebibingya ebisigaire byoona birage amagezi gebirina kubintu ebyo ebibiri.



EBYO'KUZAANISA EBYA'KOLEBWA MUBINTU EBISIGALIRA

- **Ekyibaagho**

Okukola ekyibaagho, kyoolina okukola nho'okutoola obutundu tundu bwaa ekibookisi ekyikakanhavu ghaabugemesa nhe'bintu ebyendhawulo. Kozesa ebintu ebitafaanana. Ebindi bilina kuba nga biriku obugulumo gulumo, ebinidi birina kuba bighegheevu, ebindi birina kuba bigonvu era nhe'bindi birina kuba bigumu.

- **Ekyitabo kye'bifaanhani**

Sala obutundu butono obwa kibookisi ekyikakanhavu nga bwaagayaga bwona bwona. Buno bwiida kukola nga empapula. Dhite dhona dhona ghalala era kumukono omugedha, taayo ebituli bibiri kumpapula dhona dhona. Memale oluke/ote obuwwuzi mubutuli bwona bwona era osibe empapula ghalala okukola ekyitabo. Memale osobola okusoloza ebifaanhani ebye'bintu omwaanagho byaayenda era obigemese mukyitabo.

11 Kyi kyi kyetusobola okuzaanisa ?

Abaana tibenda / tibeetaaga kuzanisa byaakuzaanisa ebiguliibwa okuva mwiidhuuka. Ghaligho ebingyi ebitweetoolooire buli lunaku ebisobola okukozesebwa okufuula omuzaano nga gusanhusa era nga gukyamula. Tulina kuba bube bayiiya.

**Ighe / imwe mwiida
kwenda / kweetaaga**



Buti nga bwetubaire abayiiya nha'magezi gaife, lekantulinge kubyo'kuzaanisa ebyangu ebyo'kukolera abaana abalina obulemu obuva kubukosefu kubwongo.



Kozesa ebifaanhani okulaga ekyibingya agamu kumagezi ago'ku-kola ebyo'kuzaanisa ebyangu okuva mubisigalira. Inhonola buli kyimu bwebakyikola.





EBYO'KUZAANISA EBIKOLEIBWA MUBISIGALIRA KUBIKOZESEBWA:

- **Akabokesi / akasanduuku akatambuza ebintu**

Soloza obusandikira bwa kyupa oba ebintu ebindi ebyo'kutambuza. Memale onhoonhie akabokesi / akasanduuku era osale ebintu ebirina endhuyi edhendawulo okuva mubusandikira. Ebintu byo'saze birina okufaanana ebintu byo'litambuza. Agho osobola okwongeraku langyi kukabokesi/akasanduuku bwooba oyenda.

- **Ekyinheenhia**

Funa ekyinti ekyiriku ekyisandikiza. Memale ofunhe obuntu obutono obuteemu. Osobola okukozesa ensigo, amabaale, obusandikira, obutundu bwo'bubaagho, ne'bindi.

- **Ekyitambula**

Salaku ekyitundu ekyo'ghansi kukyupa eyelita eibiri eyaa soda gha koka koola era okole / ofuwuule obutuli butono butono ghansi ghaakyo. Sibamu obuwwuzi mubutuli era osibe ekyifundwa okubona nti ekyitundu ekyo'ghansi kyisigala nga kyikaaliku.

Memale okole obutuli obutono kumbali kwaakakyupa kaapulasitiika era osibemu obuwwuzi obundi nga bulengeeda. Osibe obuntu obutono kubuwuuzi obuli kulengeeda. Ekyo'kuboneraku ekye'bintu byo'lina okusibaku: obupapula bwebazingamu swiiti, obusandikiza bwa kyupa, obuntu obusaliibwa nhe'bifaanhani, ebipapula ebiba mundaha mwaa toyileti peepa nga bisaliibwa nga nkulungo.



?

Gyebuviireku buli muntu aghaire amagezi kungeri kyi abaana abalina obulemu obuva kubukosefu kubwongo gyebasolamu okuzaana. Nga otaire ekyo mubilowoozo, olowooza kyiligha kubyo'kuzaanisa bino ebibiri ekyandibaire ekyirungyi kumwaanagho? Inhonola lwaakyi.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona.

OBUBAKA OBUKULU

Ekyintu kyona kyona kyisobola okufuka ekyo'kuzaanisa

Tikyeetaaga kugula byaakuzaanisa memale omwaana azaane, olina kuba muyiia buyiia.

Ebyo'kuzaanisa bingyi bisobola okukolebwa mangu okuva mubikozesebwa ebitweetoolooire ekyiseera kyona kyona

Tweetaaga / twenda okukosesa ebyo'kuzaanisa ebigya mungeri omwaana waife bwaasobola okuzaana.



OMULIMO:

Koba buli muntu ayemerere munkulungo era obakobe / obasabe balowooze kumirimo egyendhawulo gyetusobola okukozesa okusobozesa abaana okukozesa emikonogyaibwe ebiri. Baghe edhaakika ntono okulowooza kumagezi agamu. Inhonola ekyibingya nti olikgya kusuulila omuntu omupiira, bwaagugema alina / atekwa okutugha kumagezi ago'mulundi mulala. Memale yeena yaasuulila omuntu owundi omupiira era yeena bwaagugema alina / atekwa kutukobera amagezi gaalinago. Musigale nga muzaana okutuusa nga ghazira muntu yena yena alina magezi gona gona gandi. Amagezi gano tigateekeirwa kuba nga gagama kukyiky kyo'sobola okukozesa omupiira. Okukozesa omupiira nho'kugusuulira omuntu munkulungo ngeri yaakwesanhusa nho'kufuna buli muntu yena yena mukyibingya okweenigira nho'kughaayo amagezi gaibwe. Buli muntu yeetaaga / ayenda okulowooza kumirimo egyendhawulo gyebasobola okukola nga bakozesa emikono gyombi.



EMIRIMO EGYO'KUKOZESA EMIKONO EBIRI

- *Okusika ebikozesebwa nga bibita mulukindo lwakasandikiza akali kukyintu ekyisibe / ekysandikire /ekyiigale*
- *Okusindika / okutabuza ebintu nga obibisa mukasandikiza ake'kyintu nga jaaga, ne'bendi*
- *Okuta ebikomo kumukono bwootoolaku*

12 Okuyamba abaana abalina obulemu obuva kubukosefu kubwongo okukozesa emikono gyombi

Abaana emirundi egysinga bakoza emikono ebiri okuzaana era nho'kutuuka kubintu ebibeetoolooire. Tweena tukoza emikono ebiri okukola ebintu. Abaana abalina obulemu obuva kubukosefu kubwongo bakoza mukono mulala gwonka (ekyo'kuboneraku abaana abaafa oluuyi lulala lwoona lwoona), twenda okubayamba okusoma / okweega okukozesa emikono gyombi. Tusobola okukola kyino mumirimo egyo'kuzaana nhimumirimo gya'buli lunaku egyiri awaka.

Ighe / imwe mwiida
kwenda / kweetaaga:



Kozesa ebifaanhani okulaga ekyibingya amagezi agasingagho mukuyamba abaana okukozesa emikono gyaibwe ebiri.





EMIRIMO EGYEBAKOZESA EMIKONO GYOMBI

- *Okugema akati / oluti / olwiigo / ekyikondo nhe'mikono gyombi nga akyikozesa okukuba omupiira/baaluuni*
- *Okusibula ekyintu nga jaaga okutoolamu ekyintu kyona kyona*
- *Okukozesa obugema engoye okugemya ebintu ebyaabuliidho kuwaayaa (nga okughanika / okwooza kuwaaya)*
- *Okugema kumbali kwaa tawulo nho'kukulungula omupiira / baaluuni kungulu (nga togyireka kugwa)*
- *Okufukirira enimirow nga okozesa ekyidomola ekyiyuwirira*
- *Okusindika akasolo / wiiri-baaro*
- *Okukozesa ekyisika amaadhi*
- *Okulya yogati nga okozesa ekyigyiko*
- *Okunaaba mungalo / okwooza engoye mubaafu*





Enkomerero eyo'musomo



Buti nga omusomo bwegutuuse kunkomerero, ghaligho omuntu yena yena alina ekyibuuzo kyona kyona nga tukaali kwiigalagho?



Nga tumaze / oluvainhuma lwo'kusoma / kweega kukuzaana nho'mwaanagho, kyiky kyogya okukola ekyendhawulo nga ogiire awaka?

Mubite mukatabo ako'muzaire nhe'kyibingya era okebere / obuuze oba ghaligho ekyibuuzo kyona kyona egyigema kukatabo.

Ighalagho omusomo era okakase nti buli muntu awulira nga ebiibuuzo byaibwe biiriibwaamu.

7

Obutabona bu- lungyi nga buva / kyiva kubwongo

Okutegeera gha omwaana wange
kya'sobola okubona

Ebyo'kukozesa

Mumusomo guno, mwiidha kwenda / kwe'taaga



Ekiziba amaiso nga kisaliibwa ku kaveera akailugavu (ndalabuli bantu babiribabiri)



Ejakeri/omujoozi- ekizibagho kyonakyona ekyisobola okusibukagho ghamberi



Olugoye (lulala buli bantu babiribabiri)



Ensawo ebitamu amaiso nga esibisa nha zipu



Ebifaanhani bibiribibiri nga bya'bulaaka dhe'byeeru (ndala buli bantu babiribabiri)



Bifaanhani bibiribibiri nga tibiifanhana dhe 'byo ebyo' geirwaaku (ndala buli bantu babiribabiri)



Tawulo isatu/obugoye oba ebikozesebwa (bimyuufu, byakyeenvu, dhe'biirugavu)



Seeti ndala oyo'busaani obwemba nga bwa'bulu nho'bwakyenvu



Ebifaanani bibiri byetwiida okuta einhuma



Ekibaagho ekyibwiikiibwaaku akapapula akamesamesa / akamirimiinha (kyilalabuli bantu babiribabiri)



Eisimu



Empapula(lulala buli bantu babiribabiri)



Bailo (ndala buli bantu babiribabiri)

1

Sangaaza

Yanhirisa buli muntu mukyibingya era okase nti batebenkevu nga okaali kutandika



Nga tukaali kutandika musomo guno, bintu kyi ebimu kubyemya'yeze mumusomo ogwa'sembye'yo "kumpulizaganhia" era ngeri kyi gyo'kyikozeisaamu awaka?

2 Ebiviiremu

Taagho/ghanika ebiviiremu era mubib-itemu nhe'kyibingya

Workshop 7 - Ebinavaamu

- Okutegeera obukaluubirivu mukubona
- Enukuta dino CVI dhighaayo dhitya era dhitegeezaakyi?
- Otegeera otya nga omwaana alina obutabona bulungyi nga buva / kyiva kubwongo
- Tuyamba tutya omwaana alina obuzibu bwo'butabona bulungyi buva/kyiva kubwongo
- Tukoza tutya omwaana kyaabona obulungyi

Malamulele Onward C2CTP ©

Workshop 7 - Cerebral Visual Impairment

Abaana bangyi abalina obulemu obuva kubukosefu kubwongo boona balina obuzibu mukubona. Ghaligo ensonga nningyi lwaakyi abaana abalina obulemu obuva kubukosefu kubwongo balina obuzibu mukubona. Olwaaleelo tulikugya kow'gera kunsonga ndala eemu kudinno. Tugya kwo'gera kubuzibu obwe'tebwa " Obutabona bulungyi nga buva/kyiva kubwongo".

Bino ne'bintu byetugya okwo'geraku olwaaleelo:

- Okutegeera obukaluubirivu mukubona
- Enukuta dino CVI dhighaayo dhitya era dhitegeezaakyi?
- Otegeera otya nga omwaana alina obutabona bulungyi nga buva/kyiva kubwongo
- Tuyamba tutya omwaana alina obuzibu bwo'butabona bulungyi buva/kyiva kubwongo
- Tukoza tutya omwaana kyaabona obulungyi

Yawula/gabanhiamu ekyibingya mubantu babiribabiri era obakobe basigale nga bebalu okumalaku emirimo gyona gyona mumusomo guno. Memeale oghe buli bantu babiri babiri: ebairo, olupapula, xxxxxxxx, ekyibaagho ekyimiriinaha nho'lugoye. Memale oghe buli muntu: ekyintu kyo'kutaamu ebifaanhani nha'kantu kaapulasitiika akafaanhana olupapula. Bakobe nti banaibwe tibateekwa/tibalina kubona ebyo ebiri mukantu akatereka ebifaanhani.



Omulimo:

- Mukole omulimo nga muli babiri babiri
- Omuntu asooka na'labirira ate owundi nho'mwaana
- Omwaana ateeakwaokwamabala/okutataaku ekyiziba amaiso kyetukozesa mukaveera akailugavu era atyaame kuntebe.
- Toola mukyibingya abalabirira abaana batawulira kyo'likubakoba
- Koba abalabirira nti bateekwa okwambula mangu abaana obu-kooti era basiimuule mumaiso gaibwe nga ghazira kyebalik-wo'gera.
- Nga bamaze omulimo ogwo, kale abaana batooleku ekyiziba amaiso kyetukozesa mukaveera akailugavu.

3

Kyi kyo'wulira nga tobona

Mwiida/oidha kwe'taaga/
kwenda:



?

Owuliire o'tya okukutoolamu akakooti nho'kukusiimuula mumaiso nga tolikubona?

?

Omulabirizi/alabirira yandikyikoze atya mungeri eyendhawulo?

- Yogera nho'waana era omwiinhonole kyi kyi kyo'likukola
- Twaala ebiseerabyo era okyikole mpola
- Leka omwaana ageme kukakooti
- Ba mwiikaikamu, toba mukambwe.

Londa abantu babiri beegezeseemu ekyibingya kyibone engeri ey-endhawulo gyebakukolamu kyino

Abaana abandi basobola okubona katono inho, aye tiibazibe baamaiso era kyibatiisa butiise singa omuntu abakolaku ebintu nga tabayambwe kutegeera kyi kyi ekyilikugya mumaiso/ekyirigho. Singa olina omwaana asobola okubona, aye nga tabona bulungyi, oidha kwetaagisa okwiinhonola kyi kyooli kukola era obaleke bagemeku era bawunhize ebintu ebibe'tooloire.

OBUBAKA OBUKULU

Singa tulina omwaana omuzibe gha'maiso oba atabona bulungyi, tulina / tuteekwa kukola mpola era two'gerenabo ku kyi kyi kyetuli kukola

Kyino kyiidha kubayamba okutegeera kyi kyi ekyiri kugya mumaiso / ekyirigho era tibaidha kutya inho.



KYI KYETUSOBOLA OKUKOLA BWETU-LOGHOOZA NTI OMWAANA TASOBOLA KUBONA BULUNGYI:

Omwaana alina obulemu obuva kubukosefu kubwongo bwaaba tasobola kubona bulungyi, ebiseera ebisinga tuloghooza nti ekyizibu kyiri kumaiso. Aye ghasobola okubaagho ensonga nhingyi lwaakyi omwaana alina obuzibu mukubona. Singa omwaana tasobola kubona bulungyi, tusooka kubatwaala eri omusawo okubakebera amaiso. Singa omusawo akoba nti ghaligho obuzibu kumaiso, memale asobola okugha omwaana galubindi okubayamba okubona obulungyi.

Bwaakoba nti amaiso malungyi, memale twaategeera nti ekyizibu kyiri kuva kubwongo. Amaisio ghasobola okuna aye obwongo tibusobola kutegeera kyi kyi amaiso kyegali kulingilira.

4

Obuzibu mukubona

Ghaire abaana abandi abalina obulemu obuva kubukosefu kubwongo bazira buzibu nakubona kwaabwe, abaana abandi abalina obulemu obuva kubukosefu kubwongo balina buzibu mukubona kwaabwe. Leka tulinge kubizu ebisinga bukulu mukubona kubaana abalina obulemu obuva kubukosefu kubwongo byebalina.

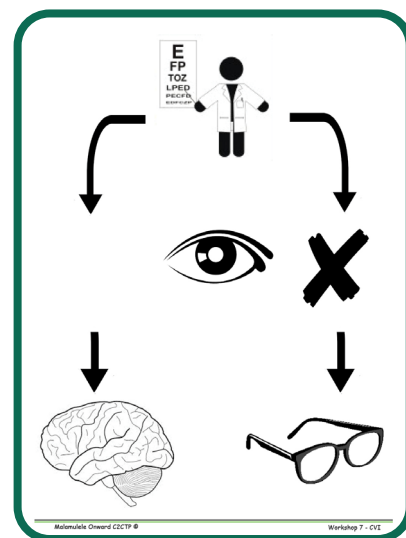


Osobola otya okutegeera singa omwaana tabona bulungyi?

- Tibasobola kulinga kukyintu
- Tibasobola kutegeera nti ghaligho ebintu ebibeetooloire
- Amaiso ghaibwe tigalinga ghalala
- Batambula nga babanda ebintu
- Bagemera ebintu kumpi inho nha'maiso gaibwe nga benda okubibona
- Buli kyiseera bakanula/balingilila mukyifo kyilala



Taagho/ghanika ekyifaanhani era okyikozese okwiinhonola kyiky kyetu-kola singa tuloghooza nti omwaana tabona bulungyi.



Ghaligho ebizibu bisatu ebikulu omwaana alina obulemu obuva kubukosefu kubwongo byaasobola okuba nabyo mukubona kwaabwe

1. Ghaligho ekyizibu ekya'maiso okulekera okubona bulungyi/inho
2. Amaiso galinga mubifo byandhawulo (ndanga)
3. Ghaligho ekyizibu kubwongo. Amaiso gasobola okubona aye obwongo tibusobola kutegeera kyi kyi amaiso kyegalikubona



ABAANA ABATASOBOLA KUBONA BULUNGYI

Bweghaba nga ghaligho ekyizibu kumaiso gho'mwaana era nga tibatobola kubona bulungyi, kyino ebiseera ebisinga kysisobola okuyambibwa nga tukozesa gaalubindi edha'baana. Ekyizibu kyiidhago/kyibaagho kubanga ekyitangaala ekyigya kumaiso / kuliiso tikyaaka ekitundu kytuufu, kale gaalubindi eyamba ekyitangaala okwaaka kitundu ekyituufu ekye'liiso memale omwaana ya'sobola okubona bulungyi. Singa omwaana aba nhe'kyizibu kyino nhibatafunhna gaalubindhi, amaiso gaibwe ghaidha kwonkera okwo'nhoneka/obutabona mpola



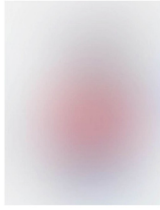
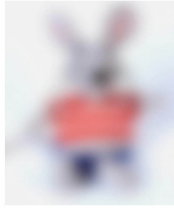
ABAANA ABALINA AMAISO NGA GHALINGA MUNDUYI EDHENDHAWULO

Nga omubiri gwo'mwaana bweguli, amaiso gafugibwa/gatambuzibwa nhamiziisa. Era nga abalina obulemu obuva kubukosefu kubwongo bwebalina obuzibu nhengeri emibiri gyaibwe bwegitambulamu, nha'baana boona bwebaba nhe'bizibu nhangerikyi amaiso gaibwe bwegatambulamu. Okubona obulungyi, amaiso gaife genda okukolera aghalala era galingilire kukyintu kyilala. Aye bweghabaagho obuzibu kungeri kyi kumaiso bwegatambulamu, tigaidha kutambulira ghalala. Singa amaiso tigakolera ghalala era gaalinga munduyi ebyendhawulo, omwaana abona ebintu bibiri. Kyino kyitabula obwongo, era mubaana abandi obwongo busagho okutegeera eliiso ilala lyonka era bwaaleka/bwe'rabira eliiso erindi.

Amaisobwegatakolera ghalala, kyino tukyeeta endanga "strabismus" oba ebiseera ebindi "strabismus" oba "squint". Byona byona bitegeeaza ndanga.



Taagho/ghanika ekyifaanhani era oinhonole ngeri ki gyetusobola okuyamba omwaana atasobola kubona bulungyi



Taagho/ghanika ekyifaanhani era oinhonole lwaakyi amaiso gha'baana abandi ghalinga munduyi edhendhawulo





KYI KYI ENHUKUTA DHA CVI KYEKYITEGEEZA

Kubaana abandi, obwongo bwebuba nga bwaakosebwa mukuzaalibwa, ekyitundu ekyo'bwongo ekyivunha'nizibwa kukubona kyo'na kyiba kya'kosebwa. Abaana bano balina ekyizibu mukubona kubanga obwongo bwa'kosebwa, tiikuba nti amaiso ga'kosebwa. Amaiso ghai-bwe gakaasobola okutereera.

Kyino tusobola okukyeeta obutabona bulungyi nga buva/kyiva kubwongo era tusobola okukoba nti CVI mubufunze. Ebiseera ebindhi kyino kye'teibwa "cortical blindness" ghaire omwaana tabeera ilala muzibe. Amaiso gakola, aye obwongo bukosefu era tibusobola kutegeera kyi kyi amaiso kyegalikubona.



NGERI KYI OKUKOSEBWA KWO'BWONGO GYEKU KOSAAMU OMUBIRI:

Idhukira nti mumusomo ogusoose two'gerire kungeri amasanhalaze gyegagabibwa okuva mwiiterekero okutuuka kubintu ebigakozesa munumba. Ghaire ghazira kyintu kyikyaamu kubintu ebikozesa amasanhalaze, tibiidha kukola singa ghaligho obuzibu amasanhalaze gyegava.

Kale nga ebikozesa amasanhalaze bwebikola, amaiso gho'mwaana gakola bulungyi, aye ekyizibu mubwongo kyilekeza amaiso okulekera okusobola okubona bulungyi



Taagho/ghanika ekyifaanhani era oinhonole kyi obutabona bulungyi nga kyiva kubwongo kyekyitegeeza

CVI

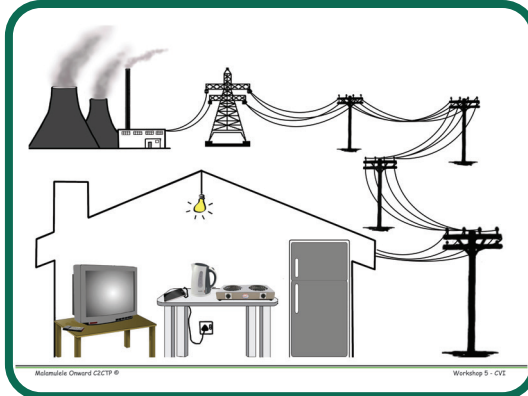
Obutabona bulungyi nga buva / kyiva kubwongo

Malamulele Onward C2CTP ©

Workshop 7 - Cerebral Visual Impairment



Kozesa ekyifaanhani ekyeiterekero elya' masanhalaze okwiidhukiza ekyibingya kungeri kyi obukosefu kubwongo gyekukosa omubiri



OBUBAKA OBUKULU

Abaana abalina obulemu obuva kubukosefu kubwongo basobola okufuna obuzibu kumaiso gaibwe oba obuzibu kubwongo bwaibwe kyimaze okukosa okubona kwaibwe

Amaisio bwegaba gakola, aye nga obwongo tibusobola kutegeera kyi kyi amaiso kyegalikubona, tukyeeta obutabona bulungyi nga kyiva kubwongo



OBUBONERO OBWO'BUTABONA BU- LUNGYI NGA KYIVA KUBWONGO

- Omwaana atwaala ekyiseera kyighanvu okulinga kyintu.
- Omwaana alinga kukyintu, aye yaamala yaalinga luuyi nga alikugya yekyiri.
- Omwaana abona/alinga luuyi lulala.
- Omwaana aidha kulinga kukyintu akaseera katono yaamala yaalinga kumbali, nga alinga takyibona.
- Omwaana alinga eeri ekyitangaala, mmale amaiso gaibwe gaalinga ghaigulu nhikumbali.
- Omwaana tasobola kulondoola/kugoberera bintu nha maisoghe.
- Enaku edhindi omwaana aboneka nga abona bulungyi okusingaku edhindi.
- Omwaana asobola okubona ebintu bulungyi nga bamugemeire kumbali okusinga bwebamugemera ghamberi.
- Abaana abandi basobola okubona ekyintu bulungyi nga kitambula.

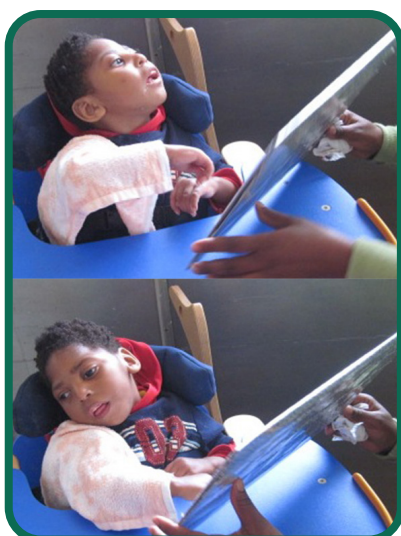
5 Tutegeera tutya singa omwaana alina obuzibu obwo'butabona bulungyi nga kyiva kubwongo?

Ghaligho omuntu yena yena ghano alina omwaana atabona bulungyi? Oba oidhiku omwaana owundi atasobola kubona bulungyi?

Kyi kyi omwaana kyaakola ekyikuloghoozeza nti balina obuzibu mukubona?



Kozesa ebifaanhani okubita mububonero obwendhawulo obwo'butabona bulungyi nga kyiva kubwongo era twiikiriza obwo obubonero bwebogeire / bwebakoonhieeku.





Obona nga omwaanagho alina obumu kububonero buno?

Singa omwaana alina obuzibu obwo'butabona bulungyi nga kyiva/buva kubwongo, tikyitegeeza nti balaga obubonero buno bwona bwona. Idhukira nti abaana bona bona abalina obulemu obuva kubukosefu kubwongo bandhawulo era nga obulemu obuva kubukosefu kubwongo, butabona bulungyi nga kyiva/buva kubwongo bwebisobola okuba biri mumbeera mbi inho obanga embeera etali nzibu enho.

Okutegeera obuzibu obwo'butabona bulungyi nga kyiva / buva kubwongo bwekyisobola okuba ekyizibu einho, kale olina okusaba omusawogho akuyambe okutegeera kyi okutegela kyi kyi omwana wokyasobola okubona.

Kebera oba ghaligho ekyibuuzo kyona kyona

OBUBAKA OBUKUKULU

Ghaligho obubonero bungyi obusobola okutukobera nti omwaana alina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo.

Abaana abalina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo bona bona bandhawulo era abandi kubo basobola okubona okusingaku abandi.

Saba omusawogho akuyambe okutegeera kyi kyi omwaanagho kya'sobola okubona.



OKUKOLA NHO'MWAANA ALINA OBUZIBU OBWO'BUT- ABONA BULUNGYI NGA KYIVA / BUVA KUBWONGO

Ghaligho ensonga itaanu enkulu edho'kwiidukira nga okola nho'mwaana alina obuzibu mukubona nga kyiva/buva kubwongo

Omwaana ateebwa kuteebwa mukyifo bulungyi

Omwaana bwaaba nho'buzibu obwo'butabona nga kyiva/buva kubwongo, kyibabeera kyizibu okukozesa amaiso gaibwe bwebaba nga bali mukyifo kyibi oba nga balikutambula inho. Bwetuba twenda okuyamba omwaana alina obuzibu obwo'butabona bulungyi nga kyiva/buva kubwongo okulinga kubintu, tweetaaga okubagha okubaghanirira nga bwekyisoboka okubona nti kyibanguyira okukozesa amaiso gaibwe.

Kakasa nti asiriike

Bwetuba twenda omwaana alina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo okukozesa amaiso gaibwe, kya'mugaso nti akasenge kasirifu era nti ghazira kereere okubataghanhia. Kubaana abasing abalina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo, kyangu okukozesa amatu gaibwe okuwulira okusinga okukozesa amaiso gaibwe okubona. Kale, singa ghaligho kereere, baidha kuwulira kubivuga mikyifo ekyo'kulinga kukyintu kyo'likubalaga, kubanga kyibanguyira.

Gha omwaana akaseera okuwumula

Nga bwekyiri mukweega okutyaama oba okwe'merera kumeeza bwekyikooya kubaana abalina obulemu obuva kubukosefu kubwongo, bwetubayamba abaana abalina obuzibu obwo'butabona bulungyi nga kyiva/buva kubwongo okubona, twenda okubagha ekyiseera okuwumula nga amaiso gaibwe gaga gakoogha.

Ba mwiikaikamu/mutebenkevu

Kyino ne'kyintu ekyisinga kuba kya'mugaso odwiidhukira omwaana alina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo. Tuteekwa kuba baikaikamu era tulinde omwaana okubona. Abaana abandi abalina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo basobola okutwaala ekyiseera kyighanvu okwiiramu. Kytwaala obuguminkiriza bungyi.

Kozesa ebyintu abaana byebaidhi obulungyi

Kyanguyira abaana abalina obuzibu bwo'butabona bulungyi nga kyiva/buva kubwongo okubona ebintu byebamanhiriire. Gyetukomya okubalaga ebintu bilala ebyo, gyekyibanguyira abaana abalina obuzibu obwo'kubona obulungyi nga kyiva/buva kubwongo okubibona.

6

Okuyamba abaana abalina obuzibu obwo'kubona obulungyi nga kyiva/buva kubwongo

Ghaire abaana abalina obuzibu obwo'kubona obulungyi nga kyiva/buva kubwongo tibasobola kubona bulungyi, ghaligho ebintu bingyi byetusobola okukola okubayamba okubona bulungyi

Ghaligho ebintu/ensonga itaanu edo'mugaso dhetulina okwiidukira nga tukola nho'mwaana alina obuzibu obwo'kubona obulungyi nga kyiva/buva kubwongo



Taagho/ghanika ekyifaanhani era oinhonole ensonga edho'mugaso okwiidukira

Okukola nho'mwaana alina obuzibu obwo'kubona obulungyi nga kyiva / buva kubwongo

1. Omwaana atekwa kuba nga bamutyaamiza kuba ngaitaleile bulungi yaatereera bulungyi.
2. Kakasa nti ghazira kereere.
3. Gha omwaana ebiseera okuwumula.
4. Ba mwiikaikamu / muguminkiriza.
5. Kozesa ebintu omwaana byaidhi obulungyi.

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Workshop 7 - Cerebral Visual Impairment

Kebera oba ghaligho ekyibuuzo kyona kyona

Nga tukaali kuyamba omwaana alina obuzibu obwo'kubona obulungyi nga kyiva / buva kubwongo okubona obulungyi, twenda okutegeera gha ghetuyinza okubagemera ebinntu okusobola okubona obulungyi era nabintu kyi ebibanguyira okubona

Leka tukole emirimo egyina'tuyamba okutegeera bintu ebyanguyira abaana abalina obuzibu obwo'kubona obulungyi nga kyiva/buva kubwongo okubona.



OMULIMO

- Mukole omulimo nga muli babiri babiri
- Omuntu asooka atekwa kutyaama kuntebe yaabwe era agemere ghaigulu akapapula akaapulasitiika nga alimberi ghaibwe nga bwekyiri mukyifaanhani
- Omuntu owundi atekwa kwe'merera enta isatu enene okuva kumuntu atyaime era ya'gemera ghaigulu ekyifaanhani ekyiirugavu nhe'kyeeru okuva mukatereka ebifaanhani.
- Omuntu ayemereire atekwa kutambula yaasebera era yaasembera okutuusa omuntu owundi.
- Bwaanaakoba kyi ekyifaanhani kyekeyiri
- Memale omuntu ayemereire atekwa kugemaera ekyifaanhani kumpi nhe'feesi yo'muntu era abuuze oba basobola okyibona obulungyi
- Abantu ababiri ababiri basobola okyusaganhia ebifo era omuntu buti ayemereire aidha kukoze ekyifaanhani okuva mukatereka ebifaanhani kaibwe nga kyandhawulo kwe'kyo ekyimaze okukozesebwa.

7

Tulina kugemeragha ebintu

Buti leka tusooke tusome/tweege kugha ghetulina okugemera ebintu abaana okubona

Mwiida kwenda / kweetaaga



?

Buli muntu ayenze ekyifaanhani bakyileete kumpi abone kyi kyeky-iri? Kyibaire kyangu okubona ekyifaanhani nga kyiri kumpi inho?

Bwetulagha omwaaana alina obuzibu obwo'kubona obulungyi nga kyiva/ buva kubwongo ekyintu, kyamugaso okwiidhukira nti twenda/tweetaaga okugemera ekyifaanhani okumpi einho omwaana asobole okukyibona, aye titwenda kukyigemera mberi mumaiso ghaamwaana.

Ebiseera ebisinga kyanguyira omwaana okubona ebintu nga babagemeire kuluuyi lwaa maisoghe.

Kebera/buuza oba ghaligho ekyibuuzo kyona kyona



OMULIMO:

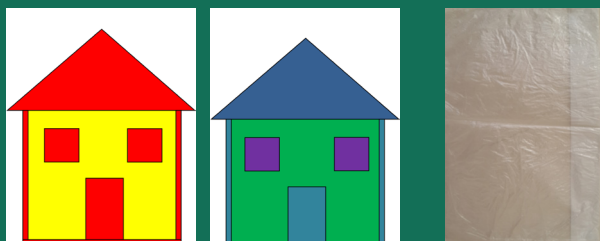
- Mukole omulimo nga muli babiri babiri.
- Omuntu asooka atekwa kutyaama kuntebe yaabwe era agemere ghaigulu akapapula akaapulasitiika nga alimberi ghaibwe nga bwekyiri mukyifaanhani.
- Omuntu owundi atekwa kwe'merera enta isatu enene okuva kumuntu atyaime era ya'gemera ghaigulu ebifaanhani bibiri nga bilimu langyi okuva mukatereka ebifaanhani nga biri kumpi na kumpi.
- Omuntu ayemereire atekwa kutambula yaasebera era yaasem-bera okutuusa omuntu owundi.
- Bwaanaakoba kyi kyi ebiifaanhani kyebiri.
- Bateekwa kukoba kyi kyi kyebalikubona era kyi kyi ekyangu kyo'kubona.
- Omuntu atyaime bwaamala okulonda kyifaanhani kyi ekyangu ekyo'kubona, abantu ababiri ababiri bakyuusanhia ebifo era bairamu baakola omulimo nho'mulala ogwo.
- Buti ayemereire aidha kukozesa ebifaanhani okuva mukasawo kabiwe akatereka ebifaanhani nga byandhawulo kwe'byo ebimaze okukozesebwa.

8

Erangyi edhitangaala nhe edindawulo

Leka tukole emirimo egyindi tweege bintu kyi ebyanguyira omwaana alina obuzibu mukubona / bwo'butabona bulungyi nga kyiva / buva kubwongo okubona.

Mwiida kwenda / kweetaaga



Saba buli muntu alonde ebifaanhani bibiri ebyangu ebyo'kubona era babite ghagati mukyibingya okusobozesa buli muntu okubibona



Lwaakyi olowooza nti ebifaanhani bino bibaire byangu okubona?

- Lwaakyi olowooza nti ebifaanhani bino bibaire byangu okubona?
- Ebya kyenvu nhe bimyuufu birina langyi etangaala, okusinga eb-
yaa bululu nhe'byaa kyilagala. Erangyi etangaala dhilina omukisa
munene okuboneka okusinga langyi ekwaafu.



OKWEEGA / OKUSOMA KULANGYI ED- HENDHAWULO / EDHITAFANAGANIRA ILALA

Ekyigambo obutafaanagana kyitegeeza nti erangyi tidhifaanaganira ilala. Kyanguyira omwaana alina obuzibu mukubona / obwo'butabona bulungyi nga kyiva / buva kubwongo okubona nga elangyi dhaawukanira ilala okuva dhiine ghaadho. Ebifaanhani ebiirugavu nhe'byeeru byaawukanira ilala kubanga tibigemagana, aye ebifaanhani ebya ggure birimu okwaawukana kutono eranga bizibu inho byaa kubona. Nhe'kyilala nhe langyi – ekwaafu nhe dhitangaala dhandhawulo inho okuva kudhiineghaadho era nhangu dhaakubona, aye elangyi edhifaanagana tinangu dhaakubona.



Taagho / ghanika ebifaanhani era oinhonole kyi kyi elangyi edhitagemagana kyedhitegeeza



Koba ekyibingya kyigemere ghaigulu obupapula bwaibwe obwaapul-asitiika era babubiseemu amaiso nga babona ebifaanhani byemutaire ghaigulu.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona



OMULIMO

- Taagho / ghanika ebifaanhani bibiri kukyimante kukyigero kye-baboneraku.
- Saba buli muntu aidhe alinge buli kukyifaanhani nga akozesa aka-papula kaibwe a kaapulasitiika.
- Memale baireyo kuntebe dhaibwe.



KYANGU KYAAKUBONA NGA EINHUMAGHE GHAZIRA KYO'BONA

Nga bwetwaakobye gyebuviireku, kyizibu kumwaana alina obuzibu mukubona / obwo'butabona bulungyi nga kyiva / buva kubwongo okulinga kukyintu kyilala nga ebintu bingyi. Singa tulaga omwaana ekyintu era nga ghaligho langyi edhendawulo nhe'bintu einhuma, kyiringa okugeezaaku okunhoonhia mwaanhoko mubantu abangyi abakunghainhe okubona omupiira mukyisaaghe okyo'mupiira.

Bwooba olikuta ekyintu mumaiso gho'mwaana kumeeza, kakas anti ghazira kyintu kyindi kumeeza mukyiseera ekyo. Bwoba nga olikulaga omwaanagho ekyintu, balingilire nga olingiliire ekyimante ekyiziraku kyintu kyona kyona nga ebifaanhani ebighanikiibwa. Bwooba nga ozira kyimante kyiziraku kyintu kyona kyona, osobola okutaagho/ okughanika eisuka eriziramu kyintu kyona kyona okukweeka ebiri kukyimante

9

Ekyimante / aghantu nga ghazira kyi-faanhani / langyi yona yona

Mwiida kweetaaga:



Buli muntu aikiriza nti kyangu inho okubona omuntu nga einhuma ghazira kyintu kyona kyona?

- Yyi



Inhonola lwaakyi kyanguyira omwaana alina obuzibu mukubona/ obwo'kubona nga kyiva / buva kubwoango okubona nga einhuma ghazira kyintu kyona kyona.



OMULIMO

- Mukole omulimo nga muli babibiri babiri.
- Omuntu asooka atyaama muntebe yaakuba eidinisa omugaongo. Bweghaba ghaligho eidinisa, memale tibalina kulinga mukyitangaala. Balina okugemera ghaigule akapapula kaapulasitiika mu-maiso ghaibwe nga bwekyiri mukyifaanhani.
- Omuntu owundi atekwa kweemerera emberi ghaibwe nga alina ekyibaagho ekyimasamasa / ekyimirimiina.
- Balina okugemerera ekyibaagho ekyitangaala ekyikyigyaaku kyaira, agho bateekwa kutambula oba okunheenhia ekyibaagho bwe-bakyyiiza einhuma nhemberi okubona inti ekyitangaala kyimyansa.
- Memale abantu ababiri ababiri bakyuusaganhie ebifo okubona nti buli muntu akolaku nga omwaana nho'wundi nga alabirira.

10

Ekitangaala nhe'kyimyanso

Mwiidha kwenda /kwee-taaga



?

Buli muntu aikiriza nga kyibaire kyangu okubona ekyibaagho bwekyibaire nga kyirikwiiza ekyitangaala?

- Yyi

?

Ologhooza /muloghooza kyandibaire kyangu okubona ekyibaagho singa ighe / imwe mubaire mulingiliire kudinisa? Lwaakyi?

- Bbe, ekyitangaala tikiyisobola kwiira okuva kyibaagho.
- Ekyitangaala ekyingira okuva mudinisa kyaaka inho okusinga ekyibaagho.

?

Kyibaire kyangu okubona ekyibaagho bwekyibaire nga bakakyinheenhia oba?

- Bwekiyibaire nga balikukyinheenhia.

Buli muntu abonha nti tuyinza okukozesa ekyitangaala okulaga ekyintu okusobozesa omwaana alina obuzibu mukubonha yeena okukyibonha. Singa era baba tibaali kulingilira , tuyinza okukyitambuza oba okuteengeesa ekyintu okubanguyiriza okukyibonha.

?

Osobola okulooghoozayooku ekyo'kuboneraku ekye'bintu ebindi ebiiza ekyitangaala?

- Endabirwaamu, matiribona oghe'lunaku lwa'mazalibwa gha'yeezu, ensugha emirimiinha, einhuma gha'kasaanhi akenhembra, obupapula bwebazingamu swiiti nga bumirimiinha oba mundha mwe'kyipapula kyebataamu chipusi.



OMULIMO

- Saba buli muntu agemere mberi gha'maisoghe akapapula akaap-ulasitiika.
- Yasa eisimu era okakase olingiliire eeri buli muntu okubona nti buli muntu alina omukisa okubona eisimu.
- Memale oizeegho kateni oba okuziba amadinisa era otooleku am-ataala ekyizikiza kyigeme mukyisenge.
- Iramu omulimo gweene ogwo nga mukyisenge mulimu endikiriza



OKUKOZESA EKYITANGAALA OKUYAMBA OMWAANA ALINA OBUZIBU MUBONA OBA OBUTABONA BULUNGYI NGA KYIVA / BUVA KUBWONGO OKUBONA AMANGU:

Tusobola okufuula ebintu nga byangu omwaana okubibona nga tubimulikaku tookyi. Ekyitangaala kyifuula ekyintu okuba nga kyaaka inho okusinga bwekyiri era kyifuuka kyangu omwaana alina obuzibu mubona oba obutabona bulungyi nga kyiva / buva kubwongo okubona.

AYE:

Tuteekwa butaasa tookyi nga elingiliire butereevu mumaiso go'mwaana, nga kyino kysisobola okukosa amaiso.

Ighe/imwe mwiida kwenda:



Gha gho'sobolera okubona ekyitangaala omundi ogusooka?

- Yyi



Kyibaire kyangu okubona ekyitangaala nga ekyisenge kyirikwaaka oba nga kyirimu endikiriza?

- Nga kyirimu endikiriza



Osobola okuloghoozayooku ebyo'kuboneraku byetusobola okukoze-sa nga ekyitangaala?

- Tookyi, isimu, ekyo'kuzaanisa kyona kyona ekyaaka.

Tubweine nti tusobola okukozesa ekyitangaala nhe ekyitangaala ekyiira okuva kukyintu ekyimirimiinha okukola ekyintu ekyanguyira omwaana alina obuzibu mubona oba obutabona bulungyi nga kyiva/buva kubwongo okubona. Kyino kyikola bulungyi inho kubaana abasobola okubona ekyitangaala nhe'ndikiriza byonka, aye kyoona kyiyaamba abaana abandi abalina obuzibu mubona oba obutabona bulungyi nga kyiva/buva kubwongo okubona obulungyi.



Inonola engeri eyo'kukozesa ekyitangaala okusobola okubonha ekyintu obulungyi.

Kebera / buuza oba ghaligho ekyibuuzo kyona kyona

Okuzuula kyigero kyi omwaana alina obuzibu mukubona oba obutabona bulungyi nga kyiva / buva kubwongo kyaasobola okubona, nha bughanvu kyi bwekyimubeera ekyizibu okusobola okukyibona obulungyi. Kya'mugaso okubuuza omusawogho okukuyamba okukola kyino kubanga abaana abalina obuzibu mukubona / obwo'butabona bulungyi nga kyiva / buva kubwongo basobola okuba bandhawulo inho mubeene nha beene.

OBUBAKA OBUKULU

Bwetuba nga tukola nha'baana abalina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo tuteekwa kukakasa omwaana ateereibwa mukyifo bulungyi era nga aghanhiriirwa nga bwekyisoboka

Tuteekwa tweena kukakasa nti ekyisenge kyiziramu kereere, era nga tuli batebenkevu/baikaikamu era tughe abaana ebiseera ebimala okwiiramu.

Tuteekwa okwiidhukira nti kyikooya omwaana nga tuli kukola emirimo gyino okubakubiriza okubona era tuteekwa okugha omwaana ebiseera okuwumula

Kyanguyira abaana abalina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo okubona: elangyi editangaala, nye'edho edhaawukana kudhiinhaadho, ekyitangaala nye'ekyitangaala ekyiva kubintu ebimasamasa

Tulina okugezaaku okukozesa ebintu bilala ebyo okubona nti omwaana abitegeera bulungyi era nga asobola okubona mubwangu.

Tusobola okukyikola nga kyangu kubaana abalina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo okubona nga tukakasa nti ghaligho ekyisenge ekyiziraku bifaanhani ghaire langyi.

Tusobola okyifuula ekyangu kumwaana alina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo okubona ekyintu singa tukyitambuza

Bwetuba nga tulikukozesa ekyitangaala okuyamba omwaana alina obuzibu mukubona /o bwo'butabona bulungyi nga kyiva / buva kubwongo okubona, tulina okukakasa nti amataala gaziraku era nga nho'mwaana talingiliire mulyango oba idinisa.



OMULIMO

- Mukole omulimo nga muli babiri babiri
- Gha buli bantu babiri babiri mulala kumirimo gyino ghamanga:
 - Okunhaaba
 - Okwambala
 - Okulya
- Buli bantu babiri babiri bateekwa kulowooza kungeri kyi gye-balina okuyamba omwaana okubona obulungyi nga bali kukola omulimo era baghandiike amagezi gaibwe/ebidhuubo byaibwe kulupapula
- Baghe edhaakika itaanu okukola kyino
- Mmale obuuze / osabe buli bantu babiri babiri bagheeyo amagezi/ebidhuubo byaibwe mukyibingya
- Nga buli bantu babiri babiri bamaze okughaayo amagezi/ebidhuubo byaibwe mukyibingya, yeta abasigaireyo bona bona mukyibingya bongerezeeku ebidhuubo byaibwe

Buti nga bwetwiidhi bintu kyi ebyanguyira abaana abalina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo okubona, tuteekwa okwiidhukira nti buli mwaana ghandhawulo era nhe'bintu ebyanguyira buli mwaana okubona biyinzza okuba byandhawulo. Kulwaakyino, kyamugaso okutegeera bintu kyi omwaanagho byaasinga okubona obulungyi era omale obikozese. Tosobola kukozesa bukozese magezi/ndoghooza dhon dhona dhetwoogeireku, kubanga edhindhi dhiyinzza obutakolela mwaanagho.

Abaana abalina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo boona balina engeri edhendhawulo mukubona. Abandi basobola okulinga kukyintu okumala katiki tiki kalala. Abaana abandi basobola okugobereza amaiso gaabwe kukyintu. Abaan ababndi basobola kubona kytangaala kyonka. Abaana abandi batwaaala ekyiseera kyighanvu inho okubona. Abaana abandi babona luuyi lulala lwonka.

Era kyoona kyamugaso okwwidhukira nti titusobola kukola nongoosereza dha'maanhi kungeri omwaana gya'bonamu. Yyi, tusobola okukyikola nga kyibanguyira okubona ebintu, aye singa okubona kutereeramu, kwiida kuba kwampola mpola. Ekyintu ekyisinga kuba kyaamugaso nho'kuyamba omwaana okubona nga bwekyisoboka. Leka tulowooze kumagezi ago'kuyamba abaana abalina obuzibu mukubona/obwo'butabona bulungyi nga kyiva/buva kubwongo okubona bulungyi nga tukola emirimo egyo'buli lunaku.

Ighe/imwe mwidha kwen-da:





AMAGEZI NGA OMWAANAGHO ALIKUWUUMULA OBA NGA ALIKUZAANA

- Obusaanhi obwe'nemba obukaire nga bweewubira mumuti bwiiza ekyitangaala nga bwebutambula nempewo. Singa omwaanagho alimuntebe, osobola okubata kumpi nho'muti nga gulimu obusaanhi obwe'nemba nga bulikweewuba babe nikyebabonaku.
- Singa omwaana abanga alambaire ghansi, osobola okubaghanikira ebintu ebimasamasa/ebimirimiina okubizaanisa. Okusalaasala ebipapula byebataamu kyipusi nga osala obuntu obughanvu kyikola bulungyi
- Singa basobola okubwiikula empapula mukyitabo, osobola okukola ebitabo nga okzesa amagezi getwoogeireku. Singa tibasobola kubwiikula mpapula mukyitabo, osobola okukola ebifaanhani ghaabateera kukyimante/kubisenge okubona/okulingilira
- Bwooba nga olina edinisa/eidinisa, osobola okusala ebipapula birina endhuyi edhendhawulo ghaabigemekeza kudinisa okugha omwaana ekyintu ekyo'kulingaku
- Bwooba nga olikwooza obusuuka nho'butawulo buleke bukalile kuluya mumpewo, leka omwaanagho atyaame gho'li kwooleza. Baida kwe'tegereza byo'likukola nga obusuuka nho'butawulo bweewuuba nhempewo.

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Amagezi nga omwaanagho alikuwuu- mula oba nga alikuzaana yenka

Buti twoogeire kungeri eyo'kuyamba abaana abalina obuzibu mukubona / obwo'kubona obulungyi nga kyiva / buva kubwongo okubona nga olikukola emirimo egyo'bulilunaku, era tusobola okulowooza kumagezi ago'kuyamba abaana okukozesa okubona kwaibwe nga balikuwuumula oba nga balikuzaana



Taagho/ghanika ebifaanhani era osabe ekyibingya kyongere okuvaayo nha'magezi agasingagho gebasobola okukozesa awaka.





Buti nga omusomo bwegutuuse kunkomerero, ghaligho omuntu yena yena alina ekyibuuzo kyona kyona nga tu-kaali kwiighalagho?



Nga tumaze okusoma / okweega kubaana abalina obuzibu mukubona / obwo'kubona obulungyi nga kyiva/buva kubwongo, kyi kyo'gya okukola ekyendhawulo nga oizeeyo awaka? Bwooba nga ozira mwaa-na alina obuzibu mukubona / obwo'kubona obulungyi nga kyiva / buva kubwongo, ogyakuyamba otya omuntu alinaye / amulina?

Mubite mukatabo ako'muzaire nhe'kyibingya era okebere/obuuze oba ghaligho ekyibuuzo kyona kyona ekyigema kukatabo.

Ighalagho omusomo era okakase nti buli muntu awulira nga ebibuuzo byaibwe biiriibwaamu.